

Yummy

5 WAYS TO ENJOY FISH * 12 DELICIOUS SIDE DISHES

MARCH 2011

WE'RE
4 YEARS
OLD!

EASY MEALS EVERY DAY

COOK & EARN!

SNACKS & MEALS YOU CAN SELL

CART- AND CANTEEN-
FRIENDLY RECIPES

FUSS-FREE FAMILY DINNERS

Flip to page 58!

TOP BIZ TIPS

Advice from successful
vendors of ice scramble,
siopao, chocolates, more!



IN THIS ISSUE

Nutella Chocolate Chip Cookies
• Korean Kimchi Dog • Glazed
Chicken Popcorn • Creamy Bell
Pepper and Salted Fish Pasta •
Pineapple-Coconut Macaroons •
plus 65 more recipes!

STICKY
HONEY-ORANGE
CHICKEN
WINGS

Do it Pampanga-style
Merienda
Flip to page 37



**Why
buy
2
kung
may**



2ⁱⁿ1
**Sulit
Sarap**



- ✓ Tamang-tama ang timpla
- ✓ Coats well
- ✓ Di nagtutubig*

for more recipes go to www.angelmilk.com.ph

ASC Ref No. S033N101510A *Tested on fruit salad based on two freeze-thaw cycles

only P50*
BIG 410 mL

*SRP

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MARCH 2011

COVER RECIPE

STICKY HONEY-ORANGE CHICKEN WINGS

Chicken wings are flying high these days! Join the business bandwagon and make this recipe. Of course, it's just as enjoyable for a dinner at home. The sticky sauce makes it a must-use-your-hands eating experience.

Makes 1 dozen **Prep Time** 15 minutes **Cooking Time** 10 to 15 minutes

For the coating

- ☐ 1 cup all-purpose flour
- ☐ 1 teaspoon five-spice powder
- ☐ 1 teaspoon salt
- ☐ ¼ teaspoon pepper
- ☐ cooking oil, for deep-frying
- ☐ 12 pieces chicken wings

For the Honey-Orange Glaze

- ☐ 1 tablespoon oil
- ☐ 1 tablespoon ginger, sliced very thinly
- ☐ 1 tablespoon grated orange zest
- ☐ ½ cup honey

- 1 In a small bowl, mix together flour, five-spice powder, salt, and pepper.
- 2 Heat oil in a medium saucepan to about 375°F.
- 3 Coat wings well with the flour mixture.
- 4 Fry wings for 10 to 15 minutes, or until parts turn golden brown. Remove from heat and immediately drain on paper towels.
- 5 Make the Honey-Orange Glaze: In a medium saucepan, heat oil on medium heat and sauté ginger for 1 minute. Add grated orange peel, then add honey. Simmer for 2 to 3 minutes.
- 6 Place wings in batches in the pan and toss to coat the wings with the glaze. Serve as desired.

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COVER PHOTOGRAPHY: AT MACULANGAN * ART DIRECTION: JONATHAN ROXAS * RECIPE & FOOD PREPARATION: AILEEN ANASTACIO * PROP STYLING: ELAINE P. LIM * PROPS FROM SAIZEN (TRAY ON THE COVER)

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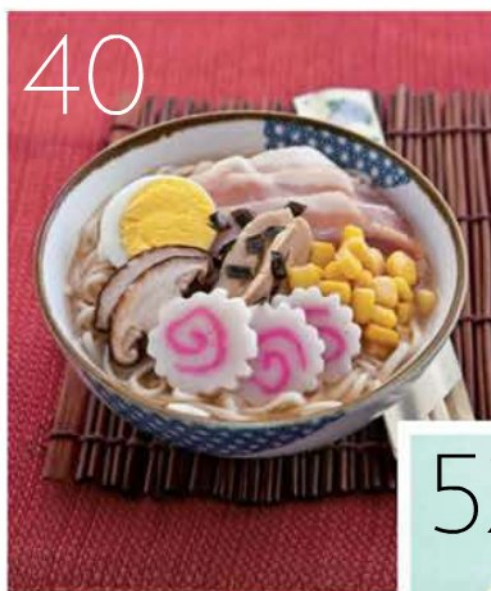
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Bamboo shells





Good company deserves good food.

That's why Philips is here to help you whip up delicious and healthy dishes that your friends and family will surely enjoy. With the Philips HD9140 steamer and its easy-to-use preset settings, you can effortlessly master the delicate art of steaming food—from vegetables, meat, to seafood and even rice. Its unique flavor booster feature also brings out the full essence of a variety of herbs and spices in any of your steamed dishes. As Chef Sau says, healthy food can be tastier and more flavorful with Philips.



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Chef Sau's Steamed Salmon Steak and Vegetables*

Salmon Fillet	400g	Lemon	1 pc
Sweet Potatoes	200g	Light Butter	200g
Broccoli	100g	Chopped Coriander	1tbsp
Mushrooms	100g	Chopped Tarragon	1tbsp
Carrots	100g	Salt and Pepper	to taste
Cherry Tomatoes	100g		

Fill water tank to maximum capacity. Put chopped tarragon and coriander inside the flavor booster. Place salmon steaks on bottom-most steaming tier. Layer sweet potatoes in middle tier, and vegetables in topmost tier. Close lid. Turn on the Philips steamer and push fish menu button. Cook for 3 to 5 minutes. Carefully remove lid, beware of hot steam. Remove vegetables, potatoes and salmon. Mash sweet potatoes and season with salt and pepper. Dab butter on salmon and vegetables. Squeeze lemon onto steak and season with salt, pepper, and coriander. Serve with steamed vegetables and potato mash on the side.

*Good for 4 pax

PHILIPS

Looking for recipes you can use in your very own food business? Want more ways to use that newly acquired blender? Whipping up a special dinner for the family this weekend? Here's your guide to planning yummy meals.



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Chicken and Beans with Coconut Sauce **PAGE 48**



Cream of Chestnut Soup

SPREAD THE GOODNESS



Now you and your family can enjoy full butter taste with new Magnolia Butter-licious! It's the healthier choice with **75% less cholesterol*** and **zero trans fat**. It's also light on the pocket!

How would you like to earn a yummy living?

I recently visited Singapore and found myself in a milk tea frame of mind while I was there. Specifically, I went gaga for iced earl grey milk tea, patiently waiting in long queues for my turn to get a cup. I like that it's both a refreshing and calming drink. The fact that a cup cost less than SG\$3 was a big plus! It brought me back to that smooth scoop of earl grey ice cream I had from a gourmet ice cream truck in New York City last spring. Upon my return home from Singapore, I opened a gift bag from my dear friend June to find a box of delicate biscuits flavored and scented with earl grey too. Earl grey seems to be following me around! Here in Manila, I've also had the chance to try the earl grey ice cream churned by Merry Moo and, well, I'd happily have a scoop of it after every meal.

This is my way of saying that food offers so much pleasure—and we have food entrepreneurs to thank for many of these joys. With this issue, we're delighted to introduce you to many of these creative, passionate people. In "Startups steal the scene," Kristine Fonacier profiles three companies that are making waves for the artisanal quality of their products. In "Business class," Liezl Yap tracked down the most interesting food vendors and asked them for their best business tips for aspiring entrepreneurs.

I'm proud to say that *Yummy* is represented in this food business issue too! Divine Mesina, our Fresh for Last columnist and former managing editor, now grows her own organic vegetables and sells them at weekend markets. Pam Lim Cinco, our food editor back in 2008, is now the truffle-making force behind Risa Chocolates. And Sharlene Tan, our former associate food editor, runs Goodles, a successful pasta bar in Robinsons Galleria. Shar also joins us monthly in Biz Whiz, a column we cooked up to guide and inspire food entrepreneurs.

Turn the page now to start learning and earning!

Becky

Becky Kho, editor in chief
becky@yummy.ph



PHOTOGRAPHY: BRETT STEVENS (BACKGROUND IMAGE)

P.S. You're holding our fourth anniversary issue in your hands—happy birthday to all of us! To celebrate this occasion, I want you to be the first to know about our upcoming big event for 2011: Yummy Eats! Save the date: May 21, 2011, at the NBC Tent, The Fort, Taguig City. I'll be sharing more details about this eating and cooking fair in the April issue so watch for it.

Things to do on Yummy.ph

See what's cooking on our delicious website this March!



Keep your cool

When the weather starts warming up, anything cold is a welcome treat. So step away from the stove and use our recipes to whip up a lovely meal without getting hot and bothered. From delicious chilled soups and cool salads to creamy desserts and refreshing drinks, we've got you covered!

At Yummy.ph, we've got 1,000 recipes for you to search and print and follow to your heart's content. Search for ideas for your everyday meals, follow our top five recipe lists, and access our Web-exclusive recipes!



ICE CREAM—MANY WAYS!

Upgrade that regular scoop of ice cream! Add fruit, candy bark, sauce, or native *kakanin*. Turn it into a souffle, pie, or sandwich. Take that gallon of ice cream in your ref and transform it into many exciting desserts!



Good fridge habits

Proper use of your refrigerator saves you food and energy, so maximize the available space! Which foods need cooling more urgently than others? In which section should you keep them? We'll give you the answers in our fridge guide.

facebook

Connect with us! Know the latest about cooking and dining out! Share your food finds and kitchen tips! See you on Facebook (www.facebook.com/yummymagazine) and Twitter (twitter.com/yummyph).



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The more time we spend with **photographer At Maculangan**, the more of his talents we discover! When Aileen Anastacio showed us a **sketch program on her iPad** during the cover shoot, At went to work and started **drawing a portrait** of one of our editors. Can you guess who it is?



Our **cover shoot crew** this month included columnist **Aileen Anastacio**, who made the yummy chicken wings recipe. We had such a **great time** shooting in her home! Thanks, Aileen!

Food editor **Rachelle Santos** battled in an impromptu cook-off at a recent event for **Philips My Kitchen**. Way to go, Rach!



Picole, one of the businesses featured in **"Business class,"** is one of the products we like to indulge in—as you can see in this photo of At Maculangan and our Paulynn Afable having it during the **Yummy Christmas party** last December. **Guess who supplied the pops?** Our editorial assistant Liz Yap, who **sidelines as a Picole dealer** on her after-Yummy hours!



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Meet our friends



DAIRY DARILAG

PHOTOGRAPHER

What I did for this issue Shot the photos for "Business class" **Currently busy with...** "Magazine shoots take up most of my time. Any time I'm not shooting, I'm focused on non-photography related businesses with my girlfriend."

Start up "I started out as a hobbyist and then eventually decided I wanted to do photography full-time. I quit my job and was lucky enough to assist two veteran photographers. I've been shooting professionally ever since." **Take a second to brag about...** "I was commissioned by *FHM* to shoot President Fidel V. Ramos. He liked the photo I took and used it in his biography. He even gave me a signed copy of the book." **Photography philosophy** "I believe preparation is the key to success. I prepare for every shoot by asking about the subject, checking out the pegs given by the art director, and looking at pegs on the Internet."



POCH JOROLAN

OWNER, EVERYBODY'S CAFE, PAMPANGA, AND PARTNER, PINOY EATS WORLD

What I did for this issue Came up with recipes for a Capampangan merienda spread for Weekend Entertaining **Currently busy with...** "I'm a partner and head of food tours for Pinoy Eats World. I'm also in charge of catering and special events for our family business, Everybody's Café."

Upcoming projects "We already have a lineup of dining events—our guerrilla dinners, themed dinners, and food tours—for the first half of the year. I'm currently researching on Baguio, Bicol, and Ilocos as eating destinations. Interested participants can look us up on Facebook; our group name is Pinoy Eats World."

Food advocacy "It's all for the preservation and promotion of Capampangan and Filipino food. I believe that our cuisine is something we can share and showcase."

DIVINE ENYA MESINA

ENTREPRENEUR AND FREELANCE WRITER

What I did for this issue Wrote about bamboo clams in Fresh For Last **Currently busy with...** "I'm renting a small farm in Tanay, Rizal, where we raise an assortment of organic vegetables such as lettuce, okra, tomatoes, squash. We use purely vermicast as fertilizer. I also have a stall every Saturday at Mercato Centrale in Bonifacio Global City where I sell our harvest. Being new to this field is both exciting and challenging. I'm trying to learn as much as I can by attending seminars and reading up on organic and natural farming. I also spend quite a bit of time talking to organic farmers and natural farming advocates."

On market joys "I love doing Fresh For Last because I always discover something interesting when I visit markets. I also love the process of using the ingredients in recipes I've never done before. Other people may get their high going to malls and shopping for shoes and bags. Me, I love going to markets."



KRISTINE FONACIER

FREELANCE WRITER

What I did for this issue Profiled inspiring food businesses in "Startups steal the scene"

Currently busy with... "My days are spent writing, writing, writing, editing, writing, with occasional breaks to eat, sometimes swim. I'm working on a coffee table book commissioned by a company, and I am also a contributing editor for a travel magazine." **Upcoming projects** "I'm putting together a book of travel essays as a personal project, and I hope to publish it this year. But an illustrator friend of mine is also working on a series of recipe books called *Gourmet Food for the Lazy* (gourmetfoodforthelazy.blogspot.com), and we're kicking around the idea of collaborating on one called *Gourmet Food for (Non-Annoying) Vegetarians*." **My favorite part about writing this feature was...** "I can't decide whether it was stepping into the secret chocolate workshop in an abandoned building in Binondo or meeting the *tisoy* cows in Laguna. My favorite one was Cow #909."

Make your
bonding at home,
simply
irresistible.

Family bonding activities don't have to be expensive to be fun. You don't have to spend tons of money going on a trip out of town or watching movies or shopping at the mall. Your family can have more fun spending quality time at home on a weekend while enjoying some of the simple things in life.

You can watch a great movie on TV and huddle close together on the couch, or you can spread blankets and pillows on the floor and watch DVDs while munching on your favorite snacks. Have a Karaoke "sing and dance" party. Blast your favorite family-friendly tunes while singing or dancing in the living room. Or you can enjoy the fun of cooking together a simple yet delicious meal for the whole family to enjoy.

And since fried chicken is always a favorite, why not cook a delicious **CRISPY FRY** chicken right at home? It's so simple and easy, it can be done in three steps: (1) **WASH** the chicken, (2) **COAT** with **CRISPY FRY**, and (3) **deep FRY** 'til golden brown. With **CRISPY FRY**, there's no need to marinate the chicken. It is a complete breading mix that guarantees the crispiness and yumminess of fried chicken. It comes in three flavors: Original, Garlic and Spicy; and also offers a pack with a gravy mix that can make half a liter of rich, flavorful gravy.

Yes! Weekends are really great days for the family to get together and have quality time together. The key to a great weekend is filling it with enough activities to make it extra special for the whole family, and for you to feel recharged in going back to work. So next weekend, why not spend it at home, bonding together over some crispy-licious **CRISPY FRY** chicken? You and your family will surely find staying at home together, simply irresistible!



Your letters



DESIGNED FOR ACTION

Your delicious recipes, helpful tips, fabulous photos and layout make for the best food magazine in the country! I particularly like the fact that you give a cozy and relaxed feel to

your publication. You have inspired me to go from merely reading to actually cooking and baking!

Great job, all!

Joanne Zapanta-Andrada, Philippine Red Cross

DIGITAL YUMMY

I just downloaded the latest issue on my iPad via Zinio. I love your Jan/Feb 2011 issue. I have always been a fan! :) I like the diabetic-friendly recipes for my hubby. Thank you, Yummy!

Mary Iralyn Cainglet

From the editors: Like you, Mary Iralyn, and many other readers, we were thrilled when Yummy became available via digital download. Unfortunately, we are discontinuing this service for now. Here is the official statement from our publishers: "Due to technical difficulties, we will be unable to continue to offer Zinio magazines for download on your computer, laptop, or iPad. However, for those who have subscribed for six or twelve months, we will be issuing you special passwords via email so you can continue viewing your subscribed magazines. Thank you for your continued support for Summit Media magazines!"

RECIPE REQUEST

It will be a yummy new year! Please feature more no-bake desserts, *lalo na* cheesecakes. New year's resolution *namin ng friend ko* is to perfect at least one cheesecake recipe. Need to start somewhere, right?

Clarissa Therese Jagunap-Soco

From the editors: Great resolution, Clarissa! We'll keep your request in mind! Meanwhile, try the partially no-bake cheesecake bar in this issue's D-I-Y section. Let us know how it turns out!



Join our Facebook community!
Find us on www.facebook.com/yummymagazine.

ERRATUM

From the editors: In the Dine-out District section of the January/February 2011 issue, the restaurant Chef Laudico's Bfast was mistakenly identified as Bfast by Chef Roland Laudico. We regret the error.

Tell us what you think of Yummy! Send your email to letters@yummymag.com.ph or post a note on www.facebook.com/yummymagazine. Letters are edited for clarity and space.



TODAY YOU MAKE EGGS CREAMIER & FLUFFIER



AND HERE'S THE SECRET, WHO KNEW?



IT MAKES ALL THE DIFFERENCE.

There's a new batch of culinary stars on the Avenue!

TOP CHEF MASTERS 2



Watch as the world's most renowned chefs compete for the top spot and a prize for their charity of choice on TV's hottest cooking competition.

Premieres March 29, 2011
Tuesdays at 8pm

2ndavenue°
The Channel for Today's Urbanite

FREE TV Ch.29 / Global Destiny Ch.29 / Cablelink Ch.58 /
SkyCable Ch.19

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Yummy Ideas

Fruity bites

PINEAPPLE-COCONUT MACAROONS

We all grew up loving this Pinoy-style dessert treat. Give it a modern spin by adding slightly tart and sweet pineapple! Place 1 (500-gram) can crushed pineapple (including syrup) and 1 cup sugar in a sauté pan over low heat. Stir constantly until syrup has evaporated and pineapple begins to caramelize. Transfer to a mixing bowl. Add 3 cups desiccated coconut; combine. Add 3 egg whites and ½ teaspoon vanilla extract; mix well. Drop by tablespoonfuls on a lightly greased baking sheet, leaving 1-inch spaces between. Bake in a preheated 350°F oven for 13 to 15 minutes. Cool on wire racks. *Makes about 30 pieces.*

Tiny winners

MINI DOUGHNUTS Our version's fast and incredibly easy! In the bowl of an electric mixer fitted with the paddle attachment, beat 4 tablespoons shortening, $\frac{1}{2}$ cup sugar, 1 teaspoon salt, 2 tablespoons powdered milk, and $\frac{1}{2}$ teaspoon nutmeg on medium speed. In another bowl, combine 1 tablespoon vanilla extract and 2 eggs; add to the creamed mixture. Combine $4\frac{1}{2}$ cups all-purpose flour with 3 teaspoons baking powder; add half of the amount to the creamed mixture. Mix on low speed until the flour is absorbed. Pour in 1 cup water; mix until well incorporated. Add remaining flour mixture and mix until flour is absorbed and dough is smooth. Let dough rest for 15 minutes. Roll out dough evenly until about $\frac{1}{2}$ -inch-thick. Cut out doughnuts using a mini doughnut cutter; let rest for a few minutes. Deep-fry doughnuts in very hot oil until golden brown. Cooked and slightly cooled doughnuts can be coated with confectioners' sugar, cinnamon sugar, and chocolate powder. Glaze with chocolate and strawberry syrup, if desired. *Makes 30 to 35 mini doughnuts.*



Jap in a snap

OKONOMIYAKI Quickly becoming a crowd favorite, this savory Japanese pancake can be whipped up right in your own kitchen. In a large bowl, whisk together 1 cup all-purpose flour and $\frac{2}{3}$ cup water until smooth. Add 2 eggs, 3 cups cabbage (cut into thin strips), and 2 stalks green onions (thinly sliced, diagonally); mix. Oil a preheated nonstick or griddle pan. Pour half of the mixture into the pan. Using a spatula, flatten pancake until about $\frac{3}{4}$ -inch-thick. Place 2 to 3 strips of bacon on top of the pancake. When bottom is set (about 3 minutes), flip over the pancake and cook for 4 minutes. Flip again (bacon side up) and cook for 3 minutes or until firm and browned. Transfer to a plate. Drizzle with Japanese mayonnaise and okonomi sauce. (To make your own okonomi sauce: Combine 1 cup Worcestershire sauce, 1 cup ketchup, $\frac{1}{3}$ cup honey, and $\frac{1}{3}$ cup oyster sauce.). Garnish with bonito flakes and sesame seeds. Repeat procedure for the remaining pancake mixture. *Serves 6 to 8.*

At-home snacks

Craving noodles? Wait, don't head out just yet! Try making it yourself! These simple recipes feature your favorite food cart finds.



Wrapped up

LUNCHEON MEAT AND CHEESE

WRAP Now, you can have your favorite grilled sandwich wraps anytime. It's so quick and easy! In a bowl, combine well 1 cup diced luncheon meat, $\frac{3}{4}$ cup diced Cheddar cheese, and mayo-garlic dressing. (To make the dressing: Combine $\frac{3}{4}$ cup mayonnaise with 1 tablespoon lemon juice, 1 teaspoon garlic powder, and a pinch each of salt and pepper.) Spread mixture evenly on 5 pieces pita pockets. Heat on a panini grill. If using a grill pan, heat for 3 minutes on each side. *Serves 5.*

Mix and match

ASIAN-STYLE FRIED NOODLES Amp up your late night instant noodle cravings with our take on this popular foodie craze—D-I-Y noodles! Wash 2 cups uncooked egg noodles with water; drain. In a bowl, mix together 1 tablespoon chili paste, 2 tablespoons oyster sauce, 1 tablespoon soy sauce, $\frac{1}{2}$ teaspoon sugar, and $\frac{1}{2}$ cup water. Season with salt and pepper; set aside. Place 2 tablespoons oil in a hot pan, stir-fry 1 onion (sliced thinly) and 2 cloves garlic (chopped) until fragrant. Add the noodles; stir-fry for 1 minute. Pour in sauce; stir continuously until the noodles are cooked and the sauce is reduced. Stir in 1 cup bean sprouts until well combined, about 15 seconds. Serve with *siomai* on top and garnish with chopped spring onions or leeks. *Serves 2.*



DRINK OF THE MONTH

PAPAYA SMOOTHIE

A healthy drink that's perfect for the weight-watching crowd! This sweet fruit, known as a super food, is rich in vitamins A, C, and E, plus potassium, lycopene, and fiber.

In a blender, place 1 slice papaya, 6 tablespoons fresh milk, 1 tablespoon simple syrup, and 1½ cups crushed ice. Blend until smooth. Serves 1.
Recipe by Crystal Jade La Mian Xiao Long Bao.



OFFSET SPATULA

Keep this handy tool around for cooking pancakes, serving cakes, and other nifty little uses.

Flip, lift, and transfer Flip pancakes and get them on a plate using the spatula. Transferring a cake to a cooling rack after baking? Grab two large spatulas to sturdily and speedily get it done.

Brownie points The offset spatula does a superb job of cutting brownies or bars into squares before serving, and you can easily lift the bars out of the pan using the tool as well.

Baker's dozen Use it to frost cakes and cupcakes, and to evenly spread batter and nudge it into the corners of the pan.

THE TRY-IT-TASTE-IT ROW



Tech-friendly KFC KFC Philippines recently introduced concept stores with the Bucket Attitude, promising speedier service and a few perks. New services that get our thumbs-up: free wi-fi connection, a photo booth, and charging stations for gadgets. At KFC Market! Market!, Taguig City.



Budget-friendly Angus beef burger This Angus beef burger

is made with perfectly grilled beef patties and freshly baked buns that remind us of ciabatta. Yum! At French Baker's La Brasserie restaurants in SM Megamall, SM Mall of Asia, SM Cebu, Ali Mall, and Sta. Lucia East.

DQ ice cream cake This dual indulgence was made for special occasions—it's ice cream and cake in one! The crunchy cookie crust, creamy ice cream, and decadent chocolate syrup truly make this one heavenly delight. At Dairy Queen Ali Mall, TriNoma, Robinsons Galleria, and SM Megamall.





Elaine's FOOD ADDITION

Beef Gravy Sandwich

Crazy hungry but want something super easy on the fly? Try this hefty, gooey, and easy-to-prepare sandwich!



Prepare 1 (25-gram) pack McCormick Mushroom Gravy according to package directions; set aside. In a hot pan with a small amount of oil, sauté ¼ kilo sukiyaki-cut beef, stirring continuously for about 5 minutes or until beef is cooked. Add prepared gravy and onion rings; simmer for 3 minutes. Sandwich filling in between toasted crusty bread slices. Makes 2.



BOOKSHELF

What we're reading this month

If you're interested in starting a career in food styling, internationally known food stylist Delores Custer has come out with the only book you need to read. ***Food Styling: The Art of Preparing Food for the Camera*** (P2,995, National Book Store) includes countless tips and tricks for getting food to look its delicious best. Custer doesn't hold back, enthusiastically offering advice on everything from getting started in the business to making roasted chicken look good (hint: it involves dishwashing liquid)! Consider this book a worthy investment.

El Bulli is officially closing its doors in July 2011, but Ferran Adria has already changed the culinary world as we know it. ***Ferran: The Inside Story of El Bulli and the Man Who***

Reinvented Food (P1,025, National Book Store) offers a rare look at what makes this mad culinary genius tick. Former *Saveur* editor-in-chief Colman Andrews chronicles the life of the chef and food revolutionary who, from his humble beginnings as a dishwasher, rose to the title of head chef at what is arguably the world's best restaurant.

Meal planning is never simple, but ***Time For Dinner: Strategies, Inspiration, and Recipes For Family Meals Every Night of the Week*** (P895, Fully Booked) makes it seem like it actually could be. This cute and clever book from the former editors of *Cookie* magazine is friendly, unintimidating, and focused on helping you get dinner on the table using ingredients that you already have. It's a busy mom's best friend!



LEFTOVER LOVE MEATY MEATLOAF



Slip it into pasta. On your next spaghetti night, use leftover meatloaf to replace the usual meat in your spaghetti! Just crumble leftover meatloaf and sauté in oil

with garlic and onions until browned. Pour spaghetti sauce; season with salt and pepper. Add some dried herbs; simmer until cooked. Serve with cooked noodles and grated cheese. **Make a cheesy dip!** This one's perfect for DVD marathons with friends! Process leftover meatloaf in a food processor until fine. Place about ½ cup of the meatloaf mixture in a microwaveable bowl. Combine with 1 cup cheese spread and 3 tablespoons fresh milk. Microwave in two 25-second intervals; mix. Serve over chips or on the side. **Turn it into a meaty chili.** When you're craving a warm bowl of food, try this super easy chili. Chop up leftover meatloaf and sauté with garlic and onions in an oiled saucepan. Add canned kidney beans (rinsed and drained), tomato sauce, and diced tomatoes. Season with salt, pepper, chili powder, dried oregano, and brown sugar. Simmer for about 40 minutes. Top with grated cheese before serving.

ORGANIZE IT: Appliances



THE DILEMMA Appliances and their various attachments take up way too much space in your kitchen cabinets, and you're always looking for a missing whisk

or chopper. How do you keep everything organized and tidy?

HOW TO STORE IT It's simple—a place for everything, everything in its place. Pop by your nearest hardware or department store and pick up one of these clear plastic bins. They come in varying sizes, so choose the appropriate one for your chosen appliance. Simply store each appliance and its attachments in the bin, along with the manuals and warranty information. Since the bins are transparent, you'll always be able to easily locate what you need, and it's a snap to return everything to its original container after use.

Good stuff

Crisp Prawn and Fresh Tuna Rolls

No one does fresh, clean flavors like the Japanese! For a low-cal option, you can simply steam the prawns instead of frying them.



GRAB $\frac{2}{3}$ cup all-purpose flour • pinch of salt • pinch of pepper • $\frac{1}{4}$ kilo large prawns, peeled with tails left on • 2 large eggs, beaten • 1 cup Japanese breadcrumbs • oil for frying • 2 to 4 nori sheets • 2 cups cooked Japanese rice • 3 tablespoons Japanese vinegar • $\frac{1}{4}$ to $\frac{1}{2}$ kilo fresh tuna belly, sliced thinly

MAKE Toss flour with a pinch of salt and pepper. Coat prawns in flour. Dip in beaten and seasoned eggs then roll in Japanese breadcrumbs. Freeze for at least 1 hour. Heat oil until it reaches 375°F or until oil starts actively bubbling when you dip a chopstick in it to test. Fry each breaded prawn until the tail turns orange. Place cooked prawns on paper towel-lined plates to drain excess oil. To assemble, place plastic wrap on the mat, then lay a nori sheet over it. Combine the rice and Japanese vinegar. Pat the rice down on the mat, making a $\frac{1}{8}$ -inch-thick layer that covers the whole mat. (Have a bowl of water beside you to dip your hands when the rice gets sticky.) Place a fried breaded prawn on the edge of the mat nearest you then roll the sushi tightly using the mat. Remove plastic wrap. Slice the roll into 1-inch-thick pieces, then place a strip of fresh tuna over each slice. Repeat with the rest of the ingredients. *Makes 12 to 18 pieces.*

We asked: WHAT WAS THE LAST APPLIANCE YOU BOUGHT AND HOW HAS IT HELPED YOU IN THE KITCHEN?

I bought an oven toaster. It takes up less space than the usual oven and yet it can do the same things. I was able to make pizza and other baked delights for my family and friends.
—Christine Paula Ramas Bernasor

My three-tier electric steamer. It helped me with my *kakanin* and other foods that can be steamed. I can even cook desserts in it. It's healthy and convenient!—April Paca-anas

I bought a blender and a food processor. I use them to make smoothies, salsa dips like *pico de gallo*, pasta sauces, and salad dressings with different kinds of herbs.—Mars Chingcuanco

A pressure cooker. It's really handy when it comes to [making] beef stews, white beans and pork, crispy *pata*, and *humba*. It cuts cooking time in half, so it's easier on gas consumption too.—Joaquin Antonio Buenaventura Sansona

My juicer. I make green apple-carrot juice every morning, and vegetable and fruit juices for other days. The juicer makes it easier—even when we're still feeling sleepy in the morning, we have our nutritious and yummy juice at hand!—Joe-Jean Marasigan

Next question

What's your favorite way to spice up plain ol' vanilla ice cream?

Post your answers on www.facebook.com/yummymagazine, and check out next month's issue for your yummy ideas!

shopping list

YUMMY BUYS!



Let the teapot-shaped button hold the tea bag in place, and the stylish porcelain cup with a silicone sleeve replace paper cups. Practical and environmentally friendly! **Tea lover's eco cup (P740), Quirks**



No need to add more ingredients as these ketchup blends are packed with flavor—Honey Barbecue and Spicy Chili, to be exact. Use as marinades for grilled meats and as dips for fried dishes. **UFC Cook n' Dip (P20.25), at supermarkets**



You're in for a real treat once this steak hits the pan. Melbourne Prime offers a range of Australian high-grade beef (plus a variety of rubs) made to satisfy any meat lover. **Signature Label Rib-eye (priced according to weight) and Spice Rub (P500), Melbourne Prime**



They're imported from France! All the bread and pastries at this café are the real deal. **Toursade (P80) and Pain au Chocolat (P35), Paris Delice**



Green tea is so delicious that we've been incorporating it into cookies, cakes, ice cream, and, of course, beverages. Why pay when you can make your own at home in a jiffy? **Instant Green Tea Latte (P275), Muji**



This gourmet brand from Lebanon is known for stylish packages that are as pleasing to the eye as its premium chocolates are to the palate. **Patchi Douceur (P425) and Patchino Pocket Packs (P500), Patchi Chocolates**



Use to decorate cakes, top ice cream, or simply munch on. Beware, this can be quite addictive. **Coffee Kisses and Mint Kisses (P100 each), Gustare**

Your favorite pancake mix gets a health-friendly tweak. Welcome this option for healthy breakfasts and after-school snacks. **Maya Whole Wheat Pancake Mix (P34.50), at supermarkets**



SHOPPERSPOTLIGHT



Ginny Roces de Guzman

Gustare may be the food shop you've never heard of—and the co-owner and chef in charge likes it that way. It's a place for passionate foodies who like to discover new eats.

What's the story behind Gustare?

My business partner, Chiqui Lara, and I were classmates from kindergarten up to high school. She's always wanted to do something with food. We sold our Sugarhouse business years ago, and after lying low and doing consulting jobs here and there, we decided to set this up. It's kind of a new concept shop, inspired by trips to New York where they have neighborhood stores with take-away stuff. This is our take on that.

The shop has a secret, low-profile feel about it. Is that intentional?

We don't want to be very commercial. Our market likes the allure of being the ones to discover new stuff. They like that idea.

It's like a best-kept-secret nook—not just the store (which is hidden inside W Tower) but also the items you sell.

It's a surprise. We have an interesting selection. We have familiar dishes like lasagna, pot roast, and not-so-familiar things like *arroz con pollo*, a line of curries, pumpkin ravioli. My friend calls Gustare a kitchen lab. A lot of our things are experimental because I like to do that. We also have ordinary things, too, like chocolate cake, but done really well.

Tell us about your *santol bagoong*.

My mom makes that. *Santol* is sour so they sauté that with *bagoong*. When you eat, you get the sour and salty combination. It's good with just plain *kangkong* or vegetables.

Favorite places to shop for food?

I like weekend markets because there's an element of freshness and there's always something new. And I get inspired by the

home chefs who do their stuff very well. I also like Farmer's Market. For our ingredients in the store, we try to source locally as much as possible. For supermarkets, I go to the ones near my house like Unimart or Cherry Foodarama. I also like The Landmark.

Any discoveries at the market lately?

The last time I went to Legaspi Market, I had this chicken that a classmate of my husband makes. It's by the Reyes family. It's chicken that they cook in a beer can. They get a beer can, open it, stick the chicken in it, then roast it.

Favorite supermarket section?

I like the spice section because you can do so many things with the condiments and spices. That's the most inspiring [area]. You can let your imagination run wild.

Favorite dessert?

I make my own because that's exactly the way I like it. I like something lemony. I also like a combination of different textures—something that's crispy, gooey, sticky, soft. For me, that would be a perfect dessert.

What's your top shopping tip?

Chat with your *suki*. From them, you learn how to tell if the produce is nice. Shopping can be a learning process. You have to be curious.

On the day of the shoot, Ginny let our team try her latest experiment—smoked bangus pâté. It's a winner!



Stop by: Muji



The concept here is simple: Less is more. This handsome simplicity is what makes Muji a massively appealing brand, currently operating in over 20 countries. Derived from *mujirushi ryohin*, which translates to "no-label quality goods," Muji humbly started with just 40 items on sale. Now, it sells over 7,000 products, each carrying its signature minimalist and utilitarian design. Aside from clothing, stationery, office supplies, and beauty products, Muji is also a destination for household items. You'll find cooking tools, glassware and dishware, pots and pans, placemats, even simple dining tables and chairs. There are also snacks to be enjoyed, like mustard pretzels, blueberry and mint candies, and chocolate rice crackers. For busy moms, there are rice kits to make cooking bibimbap, paella, and *nasi goreng* very convenient, as well as easy-to-make desserts like tiramisu, cheese mousse, and almond jelly.



Muji stores are at Bonifacio High Street and Power Plant mall!



Chips ahoy!

A little bit of salt, a whole lot of crunch—who doesn't love chips?

Deli-ciously different

This Australian brand makes great potato chips in deli-inspired flavors. Try the lime and black pepper variant too! *Red Rock Deli Honey Soy Chicken Potato Chips*, P139.50, SM Supermarket



One potato, two potato

Who says you can't improve on a classic? These baked potato-flavored crisps beg to deliciously differ. Once you pop, you really can't stop! *Pringles Multigrain Crisps in Loaded Baked Potato*, P89.25, The Landmark



Snack smart

Did you know that blue corn has more antioxidants and more protein than white corn? It's got a lower glycemic index too. Have these chips with homemade salsa for a healthy and relatively guilt-free snack. *Tostitos Blue Corn Tortilla Chips*, P165.75, The Landmark



Soya, so good

There's soy milk, soya oil, and soy ice cream—soya chips couldn't be that far behind. Grab a bag and snack away with a clear conscience. *Soyami Soya Chips*, P39, The Landmark



Turning Japanese

Unbelievably crisp and light, with just the right combination of both umami and spicy flavors. These chips have got it all! *Oishi Gourmet Picks in Wasabi and Nori*, P50.50, The Landmark



Say cheese

Good ol' Cheetos get a tasty upgrade through the addition of jalapeño. We love that spicy kick! *Cheetos Crunchy Cheddar Jalapeño*, P99.50, SM Supermarket



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TAGUIG: MC Home Depot, Unit 256, 32nd St. cor. A. Bonifacio Blvd., The Fort Global City, Taguig - Tel. No. 856-3365

PARANAQUE: Duty Free Philippines Fiesta Mall, NAIA Road, Sucat, Paranaque City

CEBU: Warehouse No. 60, Castilex Compound, Cabancalan, Mandaue City, Cebu - Tel. No. 345-3105 - 345-3106

ILOILO: #7 D'Appliance Arcade, South Fundidor, Molo, Iloilo City - Tel. No. (033) 338-0215

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5. Monthly draws will be held via electronic raffle on Jan 6, Feb 7, Mar 7, and Apr 7, 2011, 4:00 PM at the Summit Media office. A DTI representative will supervise the drawing of the winner. The monthly prize is one (1) Apple iPad.

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*Promo alerts are P2.50 per delivery. Opting in to the service is FREE.

Everyday Recipes

tip You could add ½ teaspoon ground cinnamon, 2 tablespoons honey or syrup, ¾ cup mashed banana, crushed nuts, stewed apples, or chocolate chips to the batter before cooking.



Morning

STRAWBERRY WAFFLES

Start your day with the best and brightest berries!

Makes 8 Prep Time 10 minutes Cooking Time 15 minutes

- ☐ 1½ cups self-rising flour
- ☐ 2 tablespoons sugar
- ☐ 1¼ cups milk, low-fat if desired
- ☐ 90 grams butter, melted
- ☐ 2 eggs, separated
- ☐ 1 teaspoon vanilla extract
- ☐ 250 grams strawberries, quartered
- ☐ 1 tablespoon confectioners' sugar, to serve
- ☐ cream, to serve

- 1** Preheat waffle maker on medium heat. Spray plates with oil. (No waffle maker? Cook batter as for pancakes in a heavy-bottomed frying pan.)
- 2** Sift flour into a large bowl. Stir in sugar. In a small bowl, whisk together milk, butter, egg yolks, and vanilla.
- 3** Gradually whisk milk mixture into flour mixture until smooth.
- 4** In a clean bowl, beat egg whites until stiff peaks form. Lightly fold into the batter. Pour into a bowl or liquid measuring glass.
- 5** Pour batter into the waffle maker to fill one half. Close and cook for 4 to 5 minutes, following the manufacturer's instructions.
- 6** In a bowl, toss strawberries with confectioners' sugar. Spoon over waffles and drizzle with cream.



Noon

CHINESE-STYLE MUSHROOM OMELET

This quick dish is even easier to make than an ordinary omelet!

Makes 2 Prep Time 10 minutes **Cooking Time** 10 minutes

- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon soy sauce
- ☐ 2 tablespoons oyster sauce
- ☐ 1/3 cup water
- ☐ 1 tablespoon peanut oil
- ☐ 1 onion, peeled, halved, and cut into thin wedges
- ☐ 2 cloves garlic, crushed
- ☐ pinch of Chinese five-spice powder
- ☐ 100 grams shiitake mushrooms, sliced
- ☐ 100 grams oyster mushrooms, sliced
- ☐ 50 grams bean sprouts
- ☐ 4 eggs
- ☐ 1/4 cup fresh cilantro

- 1 Mix cornstarch, sauces, and water in a bowl; set aside.
- 2 Heat peanut oil in a wok over medium-high heat. Add onion and stir-fry for 1 minute. Add garlic and Chinese five-spice powder, and stir-fry for 30 seconds.
- 3 Add mushrooms and stir-fry for 2 to 3 minutes or until almost tender. Add bean sprouts and stir-fry for 1 minute. Transfer to a bowl.
- 4 Crack eggs into a bowl and whisk until combined. Pour half the mixture into the wok and swirl to coat base. Cook for 1 minute or until just set. Slide onto a serving plate. Repeat with remaining egg mixture.
- 5 Divide mushroom mixture among omelets and make a roll.
- 6 Pour cornstarch mixture into wok and cook, stirring, for 1 to 2 minutes or until mixture boils and thickens. Pour over omelets. Sprinkle with cilantro and serve.

CHICKEN AND ZUCCHINI SAUTÉ

Trying to eat healthier? Try this easy dish! Serve it with healthy grains too—combine 1 cup couscous with 1 cup boiling water. Set aside for 5 minutes. Fluff with a fork to separate the grains.

Serves 4 Prep Time 10 minutes **Cooking Time** 20 minutes

- ☐ 1 clove garlic, crushed
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground cumin
- ☐ 3/4 teaspoon salt
- ☐ 2 skinless chicken breasts, cubed
- ☐ 2 tablespoons olive oil
- ☐ 1 red onion, cut into wedges
- ☐ 1 bunch carrots, trimmed and sliced
- ☐ 1 zucchini, sliced
- ☐ 1 cup apple juice or chicken stock
- ☐ juice and grated zest from 1 lemon
- ☐ 1 cup cilantro, plus extra to serve
- ☐ couscous, to serve

- 1 In a small bowl, combine garlic, ginger, cumin, and salt. Add chicken and toss well to coat.
- 2 Heat oil in a large deep-frying pan on high. Sauté onion for 1 to 2 minutes or until tender. Stir in chicken and cook for 3 to 4 minutes or until browned. Add carrot and zucchini. Reduce heat to medium and cook, stirring, for a further 3 to 4 minutes or until vegetables begin to soften.
- 3 Pour in apple juice, lemon juice, and lemon zest. Simmer for 10 to 12 minutes or until reduced by half.
- 4 Stir cilantro through and garnish with more. Serve with couscous.



Night

Hey, Home Baker!

BY AILEEN ANASTACIO



Did you know that it was more than 30 years ago when the first Mrs. Fields store opened in Palo Alto, California? Debbie Fields, then a young mother with no business experience, pursued her dream of baking delicious cookies and now she owns a popular baked goods chain with branches across the globe! It's such an inspiring story. I was lucky to have figured out early in life that I was passionate about culinary arts—and my family supported me all the way. Doing something you love and turning it into a business is one of the best things in life.

If you want to get into the cookie or baking business, here's a recipe to include in your launch menu. I like these oatmeal crisps for so many reasons. First, the dough can be prepared ahead of time and stored in the freezer for months! Second, the texture is crisp and they're not that sweet. They're so irresistible, you can't have just one. Third, they have a longer shelf life compared to other cookies. Fourth, the recipe cost is not that expensive, so you can make a bigger profit margin by selling these. Lastly, the fiber from the oats makes this cookie somewhat healthy so there's less guilt when gobbling them up. Phew! Have I convinced you yet?

There is only one drawback: The scooping and pressing time on the cookie sheets will require some patience but other than that, the task is fairly easy. Even a baking beginner can hack this! When shaping the cookies, make sure that you use a mold so that the dough follows some shape or form, then scoop the dough and press them out on the cookie sheets evenly. Happy baking!

Oatmeal Crisps



ABOUT THE COLUMNIST Aileen Anastacio is best known as the chef and president of bakeshop-café Goodies N' Sweets. She is also the author of *Home Café*, a book on desserts and coffee. For more of Aileen's recipes and to read about her culinary adventures, visit gourmetgoodies.blogspot.com. To download Aileen's recipes on your mobile phone, text CHEF to 2346 or go to <http://chefaileen.com> on your mobile browser. Corresponding charges per MMS download will be applied.

OATMEAL CRISPS

Makes 30 crisps **Prep Time** 15 minutes

Baking Time 7 to 9 minutes

- ☐ $\frac{2}{3}$ cup butter
- ☐ $\frac{1}{2}$ cup brown sugar
- ☐ 1 egg
- ☐ 1 teaspoon vanilla
- ☐ $\frac{1}{2}$ cup all-purpose flour
- ☐ $1\frac{1}{2}$ cups rolled oats
- ☐ 1 teaspoon baking soda
- ☐ $\frac{1}{4}$ teaspoon cinnamon powder

1 Preheat oven to 350°F.

2 In a medium bowl, combine butter and sugar, and beat using a handheld electric mixer until well combined. Add egg and vanilla, and mix.

3 In another bowl, combine flour, oats, baking soda, and cinnamon then add gradually to the butter mixture. Add the raisins, if using.

4 Scoop cookie dough and place on a cookie sheet lined with a silicone baking mat. Flatten the dough using your hands until $\frac{1}{8}$ -inch-thin or paper-thin. If desired, you can use a ring mold to make sure the cookies are uniform in size.

5 Bake cookies for 7 to 9 minutes or until cookies are golden and crisp. Let cool before serving. Store in an airtight container.



Heat then cool Bake cookies in a preheated oven to get the best quality. Then cool cookies completely and store in airtight containers so they don't lose their crisp!



I came up with the idea for this sandwich some 12 years ago, while I was working for a sandwich bar that served cold New York-style deli sandwiches and hot Italian paninis. Unfortunately, the sandwich didn't have much of a following. But these days, with everyone being so health-conscious, I think it's time to share this super-healthy, low-calorie recipe once again.

Little else can be more nutritious and more flavorful than great tasting bread and a healthy filling of roasted vegetables. I know that a slathering of butter makes everything yummier, but try something less sinful—like protein-rich hummus. Spread it on the foccacia for a burst of Mediterranean flavor.

Feel free to tweak the basic recipe: You can add some alfalfa sprouts, maybe chicken breast from last night's roast chicken, or even some of the sauce from the chicken curry you had for lunch! You can make so many versions of this sandwich and I guarantee that everyone will enjoy each one.

ABOUT THE COLUMNIST

A graduate of the Peregrine School of Cordon Bleu London, Jun Jun de Guzman is a popular chef instructor as well as programs director at the Center for Asian Culinary Studies in San Juan. (His students and friends fondly call him "Chefie".) He is also a member of the Council of Chefs of the USDA-FAS. Whenever he can, he heads abroad for further studies. Most recently, he was at the UFM Baking School in Bangkok where he took the US Wheat course on Frozen Dough Technology and classes at the Macaron Pastry Training Center with Chef Eric Perez. Visit his blog at www.chefjunjun.com to read about his life as a chef and get more of his recipes.

VEGETABLE FOCCACIA WITH HUMMUS

Serves 4 to 5 Prep Time 45 to 60 minutes Cooking Time 15 to 20 minutes

For the hummus spread

- ☐ 1 can chickpeas, drained well and skins removed
- ☐ ¼ cup tahini or sesame paste
- ☐ 2 to 3 cloves garlic
- ☐ ¼ to ⅓ cup extra virgin olive oil
- ☐ salt and freshly ground pepper

- ☐ 2 purple or red onions, sliced into rings, slightly sautéed
- ☐ 2 fresh Baguio tomatoes, sliced
- ☐ ¼ cup fresh basil leaves, sliced into strips

- ☐ 1 (10x14-inch) loaf foccacia bread, cut into 6 pieces
- ☐ 2 eggplants, washed and sliced, slightly roasted
- ☐ 1 zucchini, washed and sliced, slightly roasted
- ☐ 2 green bell peppers, slightly roasted, peeled, and sliced into 8 pieces each
- ☐ 2 red bell peppers, slightly roasted, peeled, and sliced into 8 pieces each

1 Make the hummus spread: Process all ingredients in a blender until smooth and spreadable; season well. Cover top with extra virgin oil to lessen surface oxidation.

2 Slice each foccacia piece in half, crosswise, and toast slightly. Spread hummus on the insides of the bread.

3 Layer vegetables on a slice of foccacia, beginning with the eggplant and ending with the tomatoes. Top with more hummus. Sprinkle basil leaves on top. Sandwich everything with another slice of foccacia.



Handle with care Don't overroast the pepper so it doesn't lose its crunch and great texture. Instead of toasting the bread, you can also grill the sandwich using a panini press, if you have one. This gives the sandwich better flavor and texture.

Noodleliciously Healthy



Sapporo Pancit Bihon with Crispy Chicken Teriyaki

Ingredients:

- 500 grams Sapporo Pancit Bihon
- 250 grams skinless chicken breast tenderloin
- 1 can coconut milk
- 7 tbsps. teriyaki sauce
- 1 broccoli head
- 1 pc. carrot (cut into matchstick size)
- 1 pc. red bell pepper (cut into strips)
- 1/4 tsp. salt
- 2 pcs. egg (lightly beaten)
- 3/4 cup Japanese bread crumbs
- canola oil
- fresh basil leaves for garnishing

Procedure:

Soak noodles in a bowl of warm water for 15 minutes. Put coconut milk, 4 tablespoons teriyaki sauce, broccoli slaw, red bell pepper strips, carrots and salt in a large saucepan over medium heat for 5 minutes or until vegetables are heated through then set aside. Brush both sides of chicken pieces with 2 tablespoons teriyaki sauce. Dip each piece in beaten egg and coat completely with Japanese breadcrumbs. In a large non-stick skillet, warm canola oil over high heat. Add chicken pieces and fry both sides for 2-3 minutes or until chicken is cooked and crisp. Meanwhile, drain rice noodles and add to the coconut-teriyaki sauce in pan; reheat if needed. Place noodles with sauce on serving platter and top with chicken pieces. Drizzle remaining teriyaki sauce over the dish and garnish with basil.





With life's fast pace and endless to-do list, it's hard to find the time to turn out a homemade present. However, I do love giving handmade or home-baked gifts and, as such, try my best to make time for it each chance I get. There's just one thing: I find that the occasions that call for gifts, and the free time needed to make them, don't often coincide! Wouldn't it be nice to have something you can make ahead and instantly pull into service when a delicious homemade gift is called for? Enter frozen cookie dough!

I think they make wonderful gifts because, not only are they homemade, you also need not worry about the cookies losing their freshness in transit. Further, your recipient can have warm, just-baked cookies any time she feels like it! If you are business-minded, this can likewise be made for selling. I'm sure a lot of people would love the idea of freshly made cookies coming out of their own ovens.

The recipe I've used here is one I have been recently obsessing over. It was originally a peanut butter chocolate chip cookie; I replaced the peanut butter with Nutella. Feel free to experiment with freezing your favorite cookie recipes. You will never be too far from a warm, gooey, just-baked cookie again!

ABOUT THE COLUMNIST

Joey started cooking in earnest out of absolute necessity—a continent away from home with no one to feed her. She then promptly and totally flung herself into a one-woman love affair with food—procuring it, preparing it, and ultimately, consuming it. She carries no credentials except for her passion and is firm in her belief that anyone can learn to cook. She recounts her own gastronomic exploits in her blog, 80breakfasts.blogspot.com

NUTELLA CHOCOLATE CHIP FROZEN COOKIE DOUGH

Makes 2 to 2½ dozen **Prep Time** 20 minutes, plus 1 hour chilling time

Baking Time 10 to 12 minutes

- ☐ ½ cup unsalted butter
- ☐ ½ cup sugar
- ☐ ½ cup brown sugar
- ☐ 1 egg
- ☐ 1 teaspoon vanilla
- ☐ ½ cup chocolate hazelnut spread (we used Nutella)
- ☐ 1 cup all-purpose flour
- ☐ 1 teaspoon baking powder
- ☐ pinch of salt
- ☐ 1 cup semisweet chocolate chips

1 Make the dough: Using an electric mixer, cream butter and both sugars together until light and creamy. Add egg and vanilla and beat until smooth. Add Nutella and beat until combined. Add flour, baking powder, and salt and stir until just combined. Do not overmix. Gently fold in chips just until well distributed. Chill dough in the refrigerator until stiff enough to handle easily, at least 1 hour.

2 When dough is well-chilled, divide into two portions. Keep half in the refrigerator while you work on the other half. Roll the first portion into a log about 1½ inches in diameter (it helps to do this with a piece of parchment paper the way you would use a sushi mat). Wrap the log in two layers of plastic wrap. Place in the freezer for up to 3 months. Repeat with the second portion of dough.

8 To bake (you can print out these instructions on a card to give with your cookie dough): Thaw dough slightly in the refrigerator for about 2 hours (it is easier to slice if it's still a bit stiff). Slice the frozen dough into 1-inch-thick coins and place on a parchment lined baking sheet about 1½ inches apart. Bake in a preheated 375°F oven for 10 to 12 minutes. Remove from the oven and let the cookies rest for a couple of minutes on the baking pan before transferring to a wire rack to cool completely.

tip If you are making this to give away or sell, use nice ribbon to tie the ends of the baking paper you are wrapping your dough in. I like a combination of kitchen twine and red ribbon.



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Food carts are one of the easiest businesses to set up, as you will notice from the number of cart concepts that have sprouted all around the metro.

While many carts are spin-offs of an original (like Hong Kong noodles and ice scramble), the ones that shine are those that serve something unique.

This month's recipe is a twist on an old-time food-cart favorite—hotdogs. In many foodie capitals like New York, hotdog carts abound, offering consumers many interesting flavors. One that's making a buzz right now is Korean kimchi—the dogs are topped with kimchi instead of pickles, plus sweet and tangy beef bulgogi strips for a meaty punch.

Now, setting up a business requires having stable suppliers. For this recipe, find a Korean grocery where you can order kimchi and marinated bulgogi. Then, look for a reliable bakeshop to get breads from. Finally, you'll need a good supplier of hotdogs. Depending on your budget, you can go for any of the local consumer brands or seek delis in Metro Manila for more delicious albeit pricier sausage choices.

ABOUT THE COLUMNIST

Sharlene Tan, creator of Goodles pasta bar, loves everything about food—from cooking and dining out, to teaching friends how to cook and styling food for the camera. When her schedule permits, she takes time to travel, often to Hong Kong, which she considers her second home. A few days off to visit her favorite shops and food stops always brings her to a new level of inspiration. Drop her a line at sharlene@ilovegoodles.com.

KOREAN KIMCHI DOG

Makes 2 Prep Time 15 minutes, plus 24 hours marinating time Cooking Time 15 minutes

For the bulgogi

- ☐ 100 grams sukiyaki-cut beef
 - ☐ 2 tablespoons soy sauce
 - ☐ 2 tablespoons honey
 - ☐ 1 teaspoon sesame oil
 - ☐ 1 teaspoon sesame seeds, toasted
 - ☐ 1 tablespoon sliced leeks
 - ☐ salt and pepper to taste
-
- ☐ 2 hotdog buns or ciabatta buns
 - ☐ 3 tablespoons mayonnaise
 - ☐ 3 tablespoons softened butter
 - ☐ 2 pieces German franks, cooked
 - ☐ 1 small bottle kimchi
 - ☐ toasted sesame seeds and sesame oil for sprinkling

- 1 Make the bulgogi: Marinate beef in the remaining ingredients for at least 24 hours.
- 2 On a very hot pan, sauté marinated meat briefly until meat changes in color, adding a little hot water to keep the meat from burning. Transfer cooked beef to a platter and set aside until ready to use.
- 3 Slice buns lengthwise and heat in toaster oven. (For a more gourmet feel, use a different type of bread, like crusty ciabatta as seen in the photo.)
- 4 Spread mayonnaise on one side of the bun and softened butter on the other.
- 5 Place cooked hotdog in the bun, chopped kimchi over it, and a spoonful of beef bulgogi. Sprinkle with toasted sesame seeds and drizzle with a little sesame oil. Serve hot.



Weekday COOKING



Good catch!

Healthy, light, and succulent—just a few reasons to make fish a regular on the dinner table. Here are five tasty ideas for your fresh catch.



MONDAY

FISH CAKES WITH CREAMY HORSERADISH SAUCE

This delicious appetizer can easily double as a mouthwatering burger. Pick your favorite bread, layer fish cakes with vegetables, and drizzle with sauce for an instant on-the-go lunch.

Serves 3 to 4 **Prep Time** 20 minutes

Cooking Time 15 minutes

For the creamy horseradish sauce

- ☐ 1/3 cup mayonnaise
- ☐ 1/4 cup sour cream
- ☐ 1/4 cup chopped parsley
- ☐ 3 tablespoons prepared horseradish (available at Santis)
- ☐ 2 tablespoons lemon juice
- ☐ salt and pepper to taste

For the fish cakes

- ☐ 6 tablespoons vegetable oil, divided
- ☐ 450 grams white fish fillet (cream dory, lapu-lapu, labahita)
- ☐ 3/4 cup chopped green onions
- ☐ 3 tablespoons chopped parsley
- ☐ 1 teaspoon minced garlic
- ☐ 1 1/2 teaspoons grated lemon rind
- ☐ 2 tablespoons all-purpose flour
- ☐ 2 1/2 cups Japanese breadcrumbs, divided
- ☐ 1 teaspoon salt
- ☐ 1/2 teaspoon black pepper
- ☐ 2 tablespoons milk
- ☐ 1 egg, beaten lightly

1 Make the creamy horseradish sauce: Combine all ingredients. Season to taste with salt and pepper. Mix well and set aside in the refrigerator until ready to serve.

2 Make the fish cakes: Heat 2 tablespoons oil in a medium frying pan over medium heat.

Cook fish fillets until opaque in the center, about 4 minutes per side. Transfer to a plate and cool. Flake fish fillets then roughly chop with a knife. Transfer to a medium bowl.

3 Add the green onions, parsley, garlic, lemon rind, flour, 1 cup breadcrumbs, salt, and pepper; mix well. Add milk and beaten egg and mix together.

4 Shape mixture into 6 (3-inch diameter) patties. Coat fish cakes with remaining breadcrumbs, pressing gently to adhere.

5 Heat remaining oil in a frying pan. Cook fish cakes in two batches. Cook until golden and crisp, about 6 minutes per side. Drain on paper towels. Transfer to a platter and serve with creamy horseradish sauce.



TUESDAY

SALMON ASPARAGUS YAKITORI

Delicious equals healthy and easy with these Japanese-inspired salmon skewers. Pair them with fresh greens and steamed rice for a light yet satisfying meal.

Serves 4 to 5 **Prep Time** 15 minutes

Cooking Time 20 minutes

For the yakitori glaze

- ☐ ½ teaspoon dashi stock powder, dissolved in ½ cup hot water
- ☐ ⅓ cup sugar
- ☐ ¼ cup soy sauce
- ☐ 3 tablespoons mirin
- ☐ 2 tablespoons sake
- ☐ 3 tablespoons chopped green onions
- ☐ 1 teaspoon grated ginger
- ☐ black pepper to taste

- ☐ 1 kilo (about 8 slices) salmon fillets, skin removed and cut into 1-inch cubes

- ☐ 7 large asparagus stalks, tough ends trimmed and cut into 1½-inch lengths

- ☐ 2 tablespoons vegetable oil
- ☐ salad greens, to serve (optional)

1 Make the yakitori glaze: Combine ingredients in a medium saucepan. Bring to a boil and stir until sugar dissolves. Reduce to a simmer and continue cooking for 5 to 8 minutes or until slightly thick. Strain, cool, and set aside.

2 Skewer 3 salmon cubes, alternating with 2 pieces sliced asparagus per barbecue stick, making a total of 10 skewers. Baste salmon with yakitori glaze then lightly brush with oil.

3 Grill salmon on a preheated charcoal or grill pan over medium heat. Baste occasionally with remaining glaze. Cook for 1 to 2 minutes per side or until fish is just cooked through. Serve with salad greens, if desired.



WEDNESDAY

BEER-BATTERED FISH TACOS

Make dinner extra enjoyable with these delectable tacos. Arrange all the components on the table and let everyone assemble their own wrap for a fun-filled taco fiesta!

Serves 4 to 6 **Prep Time** 30 minutes

Cooking Time 15 minutes

For the cilantro mayo sauce

- ☐ 1 cup mayonnaise
- ☐ ¼ cup chopped cilantro
- ☐ 3 tablespoons minced bottled jalapeño
- ☐ 1 tablespoon fresh lime juice
- ☐ 1 teaspoon mustard
- ☐ salt, pepper, and sugar to taste

For the beer batter

- ☐ 1 cup all-purpose flour
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon baking powder
- ☐ ¾ cup cold beer
- ☐ ½ cup cold water

- ☐ 2 pieces (225 grams each) boneless white fish fillet (cream dory, lapu-lapu, labahita), sliced into 4x¾-inch strips

- ☐ 1 teaspoon salt
- ☐ ½ teaspoon pepper
- ☐ oil for deep-frying

- ☐ 1½ cups finely shredded purple cabbage or lettuce
- ☐ 1 cup store-bought salsa
- ☐ 12 (6-inch) pieces flour tortillas, warmed
- ☐ 2 limes, quartered

1 Make the cilantro mayo sauce: Combine all ingredients in a medium bowl; set aside in the refrigerator until ready to serve.

2 Make the batter: In a large bowl, mix dry ingredients together. Whisk in beer and water

until batter becomes smooth. Refrigerate for 15 minutes.

3 Pat fish dry; season with salt and pepper. Dip fish one at a time in cold batter then deep-fry, working in small batches, until golden and crisp, about 3 to 4 minutes. Drain on paper towels.

4 To assemble, place about 1 tablespoon each shredded cabbage or lettuce and salsa on the center of a warmed flour tortilla. Top with a strip of fish and spread 1 tablespoon cilantro mayo sauce. Squeeze lime over the fish, if desired. Fold the bottom then the sides of flour tortilla to enclose the filling. Repeat to make a total of 12 pieces.

tip To warm flour tortillas, wrap a stack of tortillas in a damp, clean dishtowel then wrap tightly in aluminum foil. Heat in a preheated 300°F oven for about 20 minutes. To warm in the microwave, wrap tortillas in a damp dishtowel and heat for 30 seconds to 1 minute. Keep tortillas wrapped on the table so they stay warm and pliable.



THURSDAY

CREAMY BELL PEPPER AND SALTED FISH PASTA

This pasta dish seems unassuming, but go ahead and take a bite—you'll find that the contrasting flavors of sweet yellow bell peppers, salty fish, and refreshing orange zest will delight you no end.

Serves 4 Prep Time 10 minutes

Cooking Time 10 minutes

- ☐ ¼ cup butter
- ☐ 1 tablespoon minced garlic
- ☐ 1 large yellow bell pepper, trimmed, seeded, and sliced into thin strips
- ☐ 2 cups heavy cream
- ☐ 3 to 4 fillets bottled salted fish or tuyo, flaked

- ☐ 1 teaspoon grated orange zest
- ☐ salt and pepper to taste
- ☐ 400 grams spaghetti, cooked according to package directions
- ☐ ¼ cup freshly shaved or grated Parmesan cheese
- ☐ 2 tablespoons chopped parsley

1 In a medium saucepan, melt butter then sauté garlic until fragrant. Add bell pepper slices and cook until tender, about 1 minute.

2 Add cream and cook for about 6 to 8 minutes or until slightly thick. Add flaked salted fish and orange zest; mix well. Season to taste with salt and pepper.

3 Toss in cooked pasta and transfer to a serving platter. Sprinkle with Parmesan cheese and chopped parsley before serving.



FRIDAY

GRILLED COCONUT MILK AND SPICE MARINATED SNAPPER

Looking for a grilled dish with Asian flair? You'll love this tasty snapper, which is a cinch to prepare—simply mix, marinate, and grill!

Serves 4 **Prep Time** 10 minutes, plus 1 hour marinating time **Cooking Time** 10 minutes

- ☐ 4 small red snappers, scaled and gutted
- ☐ 5 stalks lemongrass, trimmed and thick bottom part pounded
- ☐ 1 (¾-inch) piece ginger, peeled and sliced thinly
- ☐ 3 shallots, chopped finely
- ☐ 1 (½-inch) piece fresh turmeric or *luyang dilaw*, peeled and chopped finely
- ☐ 1 to 2 bird's eye chilies (*siling labuyo*), seeded and chopped
- ☐ juice from 2 limes
- ☐ 1 teaspoon rock salt
- ☐ ¾ cup coconut milk (*kakang gata*)
- ☐ lime slices from 2 limes for garnish
- ☐ steamed rice, to serve

1 Make two diagonal slits on each side of the fish. Stuff the gutted portion of each fish with 1 stalk lemongrass and 3 slices ginger; set aside.

2 Finely chop remaining lemongrass and ginger. Place in a large mortar and pestle together with shallots, turmeric, chilies, lime juice, and salt. Grind to make a smooth paste. Transfer to a bowl and mix in coconut milk.

3 Pour coconut milk mixture over the red snappers and marinate for at least 1 hour in the refrigerator, turning the snappers once to marinate the other side.

4 Wrap snappers in banana leaves or brush each side with oil. Grill on a preheated charcoal or grill pan over medium heat for 3 to 5 minutes on each side or until cooked. Transfer to a platter and garnish with sliced limes. Serve with steamed rice.



Weekend ENTERTAINING

Merienda, Pampanga-style

Spend your downtime with family, friends, and comfort food.

THE MENU

- Glazed Kamote
- Sisig Saud
- Lelut Mais (Lugaw na Mais)

SISIG SAUD

If you're craving for something truly Pinoy, but want something other than the usual *bibingka* and *pansit*, try Poch Jorolan's *merienda* menu inspired by his hometown of Pampanga. This may not be your regular *sisig*, but it's just as good. Because it's grilled and mixed in with tomatoes and greens, it's even a whole lot healthier!

Serves 4 to 5 **Prep Time** 15 minutes

Cooking Time 20 to 25 minutes

- 6 medium tomatoes, sliced
- 1 large white onion, sliced
- 6 to 8 small (or 4 large) mustard (*mustasa*) leaves, torn
- 2 (½-inch-thick) pieces pork belly (*liempo*), about 800 grams to 1 kilo
- salt and pepper

1 In a big bowl, combine tomatoes and onions. Add mustard leaves; toss and set aside.

2 Season pork belly with salt and pepper. Grill. Slice into strips.

3 Mix and toss pork slices with the vegetables in the bowl and season to taste with salt and pepper.

tip It's best to toss the slices of pork belly with the vegetables while the pork is still hot. You can also drizzle some vinegar on top, if desired.





tip Use native corn instead of yellow corn as native corn has the right sweetness for this dish. For the *gata*, meanwhile, you will need 2 kilos of *niyog* to extract the needed amount. Fresh is best!

LELUT MAIS (LUGAW NA MAIS)

Trivia: When you ask for *lakatan* in Pampanga, don't be surprised if they hand you *malagkit* (sticky) rice. *Malagkit* and the popular banana variety share the same name. This dish is served most often during the rainy season, partnered perfectly with *turon na saging*.

Serves 5 to 6 **Prep Time** 30 minutes (including grating and extraction time) **Cooking Time** 30 to 40 minutes

- ☐ 1 liter coconut milk (second extraction) or *gata*
- ☐ 100 grams native corn kernels (from about 2 cobs)
- ☐ 150 grams uncooked *malagkit* rice
- ☐ 150 grams sugar, divided
- ☐ 500 ml coconut milk (first extraction) or *kakang gata*

- 1 Boil coconut milk (second extraction) then add corn kernels, stirring occasionally.
- 2 Once the corn is cooked, add rice. Lower heat to medium.
- 3 Continue to stir then add half of the sugar.
- 4 Once the rice is cooked, add coconut milk (first extraction).
- 5 Continue to stir and cook for 5 minutes or until there is no more sour taste from the added *kakang gata*. Add the rest of the sugar, if necessary.
- 6 Serve either warm or cold.

GLAZED KAMOTE

This comforting snack can easily be turned into a refreshing dessert. When the summer heat spikes, serve the syrupy sweet potatoes with milk and ice!

Serves 6 to 8 **Prep Time** 15 minutes **Cooking Time** 30 minutes

- ☐ 2 medium or 1 large sweet potato (*kamote*)
- ☐ water for steaming

For the simple syrup

- ☐ 4 cups sugar
- ☐ 4 cups water

- 1 Steam sweet potato until fork-tender. Once cooked, peel off skin and slice into about 2-inch pieces; set aside.
- 2 Prepare the simple syrup: Mix sugar and water in a pot then bring it to a boil. Turn the heat to low and stir constantly until sugar is dissolved.
- 3 To serve, place *kamote* on a dessert plate then pour syrup over.

tip To make sure this dish keeps longer, you can boil the *kamote* pieces with the syrup. Let it cool to room temperature then store in the refrigerator. This will keep for two weeks.



MIND YOUR OWN BIZ

Raring to set up your own food cart or kiosk? Here are 10 sumptuously simple recipes made for success, from on-the-go bites to refreshing beverages.



Photography by At Maculangan Recipes & Food Preparation by Katherine Jao
Prop Styling by Elaine P. Lim Props from Saizen (tray, colander, bowl)

MISO RAMEN BOWL

Pinoy consumers love a bowl of steaming noodle soup, as seen in the success of numerous *mami* and *batchoy* vendors. Offer the market something new with Japanese ramen. Serve it simply as a noodle-and-soup combo and include add-ons as topping options!

Makes 4 servings **Prep Time** 30 minutes **Cooking Time** 40 minutes

For the miso stock

- 2 liters water
- 1½ teaspoons dashi stock powder
- ½ cup miso paste
- 3 slices ginger
- 3 cloves garlic
- pinch of sugar
- sesame oil, optional

- 500 grams ramen noodles or fresh egg noodles

For the toppings (as desired)

- bacon chashu or cooked bacon strips
- grilled chicken, sliced into strips
- canned corn kernels, drained
- bamboo shoots, cut into 1-inch lengths
- hard-boiled egg, sliced
- mushrooms, sliced
- spring onions, chopped
- *narutomaki* (Japanese fish cake), sliced
- chili oil for drizzling

- 1 In a pot, boil together all the ingredients for the stock. Simmer for 20 minutes.
- 2 In a separate pot, cook ramen noodles in boiling water until al dente.
- 3 Place each topping in an individual container.
- 4 To assemble: Heat cooked ramen noodles in boiling soup stock. Place in a bowl. Add soup. Top with desired toppings.

tip This versatile marinade works for different kinds and parts of meat aside from the ones featured in this recipe. Use it with chicken liver, wings, gizzard, and heart. You can also add vegetables (think bell peppers, onions, and mushrooms), if you like. Adjust sweetness by adding or decreasing honey.



YAKITORI STICKS

Nothing could be easier and simpler than this. This basic marinade can be used for different kinds of meat like pork and chicken. Throw in steaming rice in your menu as an optional order and get ready for a sizzling start!

Makes 15 sticks (5 per meat) **Prep Time** 30 minutes **Cooking Time** 30 minutes

- 160 grams boneless chicken breast, cut into bite-sized pieces
- 160 grams beef tenderloin, cut into bite-sized pieces
- 160 grams pork tenderloin, cut into bite-sized pieces
- 15 (1-inch) slices onion leeks
- salt and pepper

For the marinade

- ¼ cup soy sauce
- ¼ cup honey
- 1 tablespoon rice wine
- 1 teaspoon minced garlic
- ½ teaspoon grated ginger

- 1 Season chicken, beef, and pork pieces separately with salt and pepper. Using a wooden stick, skewer a slice of leek, followed by the meat slices. Repeat until done. Set aside.
- 2 Make the marinade: In a bowl, whisk ingredients together until just combined.
- 3 Dip each meat skewer in marinade and grill on a preheated grill at 350°F until cooked, about 5 to 7 minutes.

MEXICAN BEEF AND FISH SOFT TACOS

Care for some Mex on the go? Whether your customers like the usual or opt for a lighter choice, we've got them covered. The recipe includes several topping suggestions that your customers can mix and match to their liking.

Makes 3 tacos each, 6 tacos total

Prep Time 30 minutes **Cooking Time** 25 minutes

For the cilantro cream

- ☐ 1 cup sour cream
- ☐ 3 tablespoons chopped cilantro
- ☐ 1 teaspoon minced garlic

For the toppings

- ☐ 6 pieces flour tortillas
- ☐ 2 pieces red onions, sliced (for the fish)
- ☐ 3 pieces white onion, caramelized (for the beef)
- ☐ 200 grams Cheddar cheese, grated

- ☐ 200 grams romaine lettuce, shredded
- ☐ 6 to 8 pieces tomatoes, chopped
- ☐ lime or lemon wedges to garnish

For the beef

- ☐ 250 grams beef tenderloin, cut into strips
- ☐ salt and pepper
- ☐ ¼ teaspoon chili powder
- ☐ ¼ teaspoon cumin
- ☐ olive oil for sautéing

For the fish

- ☐ 250 grams snapper fillet (*maya-maya*)
- ☐ 1 tablespoon lime or *calamansi* juice
- ☐ 1 teaspoon chopped cilantro
- ☐ salt and pepper
- ☐ ¼ teaspoon chili powder

1 Make the cilantro cream: Combine all ingredients in a bowl and whisk until well blended. Chill until ready to use.

2 Prepare the toppings. Place in individual containers, if desired.

3 Cook the beef: Season beef with salt, pepper, cumin, and chili powder as desired. Sauté in olive oil until beef is cooked. Set aside.

4 Cook the fish: Season fish with *calamansi*, cilantro, salt, pepper, and chili powder. Grill until cooked; flake.

5 Warm the tortillas and fill with toppings. Drizzle cilantro cream on top or serve on the side with the lemon or lime wedges.

tip To caramelize onions, cooked sliced onions in a little hot oil and stir immediately. When they begin to brown, lower heat, stirring continuously, until onions turn golden brown.



LOADED GRAVY FRIES

This one's inspired by poutine, a French-Canadian dish that consists of fries, gravy, and cheese curds. To transform it into a recipe for success, we made it more casual in presentation and more Filipino in flavor.

Makes 4 servings **Prep Time** 20 minutes **Cooking Time** 30 minutes

For the gravy

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour
- ☐ 2 cups beef stock, warmed
- ☐ salt and pepper

- ☐ 200 grams *kesong puti*
- ☐ 500 grams potatoes, cut into fries
- ☐ oil for frying
- ☐ chopped fried bacon for sprinkling, optional
- ☐ grated Cheddar cheese for sprinkling, optional

1 Make the gravy: Melt butter in a pan. Add flour; combine. Cook for about 2 minutes. Slowly pour in warm beef stock. Season with salt and pepper to taste. Set aside.

2 Cut *kesong puti* into cubes. Place in the refrigerator until ready to use.

3 Fry the potatoes in hot oil until cooked.

4 To assemble: Place fries on a plate or in a shallow bowl. Pour gravy over potatoes. Top with *kesong puti*, chopped bacon, and grated Cheddar cheese, if using. Serve immediately.



GLAZED CHICKEN POPCORN

Popular with kids and adults alike, these pop-in-the-mouth treats are great for a quick snack or as an appetizer. (Of course, rice devotees can also turn it into a filling meal.) Wonderful for movie-watching too—paired with ice-cold soda, of course!

Makes 4 servings **Prep Time** 30 minutes **Cooking Time** 20 minutes

- ☐ **250 grams boneless chicken breast fillet**
- ☐ **¼ teaspoon salt**
- ☐ **egg white from 1 egg**
- ☐ **¼ cup cornstarch**
- ☐ **oil for deep-frying**

For the glaze

- ☐ **¼ cup soy sauce**
- ☐ **¼ cup honey**
- ☐ **¼ cup rice wine**
- ☐ **1 tablespoon minced garlic**
- ☐ **1 teaspoon grated ginger**
- ☐ **1 tablespoon brown sugar**

1 Cut chicken fillet into small cubes. Marinate in salt for 40 minutes. Add egg white and cornstarch; mix.

2 Deep-fry chicken pieces in hot oil until crisp; drain.

3 In a saucepan, combine all ingredients for the glaze. Let simmer and allow to reduce for 5 minutes. Add fried chicken pieces; toss. Serve immediately.

tip To make it spicy, add *gojuchang* (a Korean spicy paste) in the marinade; mix.



GREEN TEA-CARDAMOM FRAPPE AND SPICED ROYAL MILK TEA

Traditional tea drinks get updated with a few mod twists. An assortment of spices, tapioca pearls, and ice make beverage magic.

Makes 4 servings, 2 servings each

Prep Time 30 minutes **Cooking Time** 30 minutes

For the Green Tea-Cardamom sugar syrup

- ☐ 1 cup sugar
- ☐ ½ cup water
- ☐ 5 pieces cardamom pods

For the Royal Milk Tea sugar syrup

- ☐ 1 cup sugar
- ☐ ½ cup water

For the Green Tea-Cardamom Frappe

- ☐ 2 green tea bags
- ☐ 1 cup water
- ☐ 1 tablespoon creamer
- ☐ 1 teaspoon green tea powder
- ☐ 2 cups crushed ice
- ☐ ¼ cup Green Tea-Cardamom sugar syrup (recipe above)

For the Spiced Royal Milk Tea

- ☐ 3 cups water
- ☐ 2 tablespoons black tea
- ☐ 1 piece cinnamon bark
- ☐ 5 pieces cloves
- ☐ ⅓ cup sugar syrup (recipe above)
- ☐ 2 tablespoons creamer
- ☐ ice cubes
- ☐ tapioca pearls, optional

1 Prepare the two sugar syrups ahead of time by boiling the ingredients together. Let cool. Chill until ready to use.

2 Make the Green Tea-Cardamom Frappe: Boil together green tea bags and water for 3 to 5 minutes. Turn off heat. Mix in creamer and green tea powder. Cool. Chill in the refrigerator. In a blender, process chilled green tea mixture, crushed ice, and sugar syrup until smooth.

3 Make the Spiced Royal Milk Tea: In a pot, brew together water, black tea, cinnamon, and cloves for 5 minutes. Strain liquid through a cheesecloth. Add sugar syrup and creamer. Place in a cocktail shaker with ice cubes. Cool. To serve, place tapioca pearls in a glass, if using, then pour in milk tea.



tip Some green tea powders are already sweetened so you may have to adjust the sugar syrup; taste as you go.

tip Mix in the creamer while tea is hot to avoid lumps.

Fuss-free, please!

CHORIZO PENNE

Here's a quick and easy pasta dish with a touch of Spain. Chorizo is a Spanish-style pork sausage with a rich, spicy flavor and deep red color. You can buy it at the supermarket deli counter or at leading delis.

Serves 4 Prep Time 10 minutes
Cooking Time 12 minutes

- 375 grams penne pasta
- 2 chorizo sausages, cut into ½-inch slices
- 1 red onion, halved, cut into thin wedges
- 2 cloves garlic, crushed
- 2 tomatoes, chopped coarsely
- ⅓ cup chopped fresh flat-leaf parsley
- salt and freshly ground black pepper
- 120 grams fresh ricotta

1 Cook pasta in a large saucepan of salted boiling water until al dente, about 10 minutes. Drain and return to pan.

2 Meanwhile, heat a large nonstick frying pan over medium-high heat. Add chorizo and cook, stirring, for 4 to 5 minutes or until golden. Add onion and cook, stirring, for a further 2 minutes or until onion is translucent.

3 Stir in garlic and tomato and cook, stirring, for a further 3 to 4 minutes or until hot.

4 Add chorizo mixture to hot pasta along with fresh parsley. Toss well to combine. Taste and season with salt and freshly ground black pepper.

5 Spoon into serving bowls and sprinkle with ricotta. Serve.

When you want to take a quicker route to eating, here are six recipes you can rely on—from filling pastas to quick chicken meals to one luscious dessert.

Photography by Ian Wallace and Rob Shaw (pie)
Recipes by Janet Rogers, Jennene Plummer (pie)

A top-down photograph of a dark grey plate containing a meal. On the right side of the plate are several pieces of chicken tenderloins coated in a thick, golden-brown, crumbly crust. To the left of the chicken is a pile of bright green, slender green beans. Below the beans and to the right of the chicken is a mound of bright orange sweet potato mash. A silver fork is placed on the right side of the plate, partially overlapping the sweet potato mash. The plate sits on a textured, brown fabric surface.

PARMESAN-CRUSTED CHICKEN WITH SWEET POTATO MASH

You can't go wrong with this hearty family favorite. The kids get to enjoy their favorite cheese at dinner, this time as a coating!

Serves 4 **Prep Time** 15 minutes, plus 15 minutes chilling time **Cooking Time** 15 minutes

- ☐ 12 pieces (about 800 grams total) chicken tenderloins (or use chicken breasts, sliced)
- ☐ 2 tablespoons all-purpose flour
- ☐ 1 egg, beaten lightly
- ☐ ½ cup breadcrumbs
- ☐ 2 tablespoons shredded or grated Parmesan
- ☐ 600 grams orange sweet potato, peeled and cut into ¾-inch pieces

- ☐ 2 tablespoons milk
- ☐ salt to taste
- ☐ 100 grams green beans, trimmed and cooked, to serve
- ☐ lemon wedges, to serve (optional)

1 Preheat oven to 400°F. Toss chicken in flour. Dip in egg. Coat in combined breadcrumbs and Parmesan. Place in a single line on a plate. Cover with cling wrap and chill for 15 minutes.

2 Place chicken on a baking tray. Bake for 15 minutes, turning halfway through cooking, until cooked through and golden.

3 Meanwhile, steam sweet potatoes in a steamer basket over a saucepan of simmering water for 8 to 10 minutes or until tender. Transfer to a bowl. Add milk and mash. Taste and season with salt.

4 Spoon mash among serving plates. Top with green beans and chicken. Serve with lemon wedges, if desired.

CHICKEN AND BEANS WITH COCONUT SAUCE

Think of this as a deconstructed chicken curry. It's perfect for a light dinner or lunch!

Serves 4 **Prep Time** 10 minutes

Cooking Time 10 minutes

- 4 single chicken breast fillets (about 800 grams total)
- vegetable oil, for brushing
- 2 tablespoons green curry paste
- 1½ cups coconut milk
- 500 grams green beans, trimmed
- ½ cup chopped fresh cilantro, divided
- salt and freshly ground black pepper

1 Preheat ridged grill pan on medium-high heat. Add chicken and cook for 4 minutes on each side or until cooked through. Remove from heat and set aside for 5 minutes to rest.

2 Meanwhile, heat frying pan over medium heat. Brush with oil. Add curry paste and cook, stirring, for 30 seconds. Stir in coconut milk and bring to a simmer. Reduce heat to low. Add green beans and simmer for 5 minutes or until tender. Remove from heat. Stir in half the cilantro. Taste and season with salt and pepper.

3 Serve the chicken breast whole or sliced over a bed of green beans. Spoon over coconut sauce and sprinkle with remaining cilantro. Serve.

tip Green curry paste can be purchased at leading supermarkets. Look for it in the Asian ingredients aisle.



CHILI CHICKEN PASTA SPIRALS WITH ARUGULA

This one's great for the lunchbox too! If you like, cook it on Sunday evening and portion it for several weekday office lunches.

Serves 4 Prep Time 5 minutes
Cooking Time 12 to 15 minutes

- ☐ 500 grams dried fusilli pasta
- ☐ salt
- ☐ ½ cup extra virgin olive oil
- ☐ 500 grams skinless chicken breast fillet, sliced
- ☐ 3 cloves garlic, crushed
- ☐ pinch of dried red chili flakes
- ☐ zest and juice from 1 lemon
- ☐ 150 grams baby arugula
- ☐ freshly ground black pepper

1 Cook pasta in a large saucepan of lightly salted boiling water for 10 to 12 minutes until al dente. Drain well, reserving ⅓ cup cooking water, and return pasta to pan.

2 Meanwhile, heat half the oil in a frying pan and fry half the chicken for 5 minutes. Remove with a slotted spoon and fry remaining chicken. Return rest of the chicken to pan with the garlic, chili flakes, and lemon zest, and fry for 3 to 4 more minutes until chicken is cooked through.

3 Transfer chicken mixture to the pan with the cooked pasta along with reserved water, lemon juice, arugula, salt, and pepper. Stir over medium heat for 1 to 2 minutes until arugula is just wilted. Serve.

tip Arugula isn't just tasty, it's also mighty nutritious! Flip to "It's time to try..." in Yummy Lessons for more information on the good things it contains.



STEAK DIANNE

The secret to good steak no matter how simple the recipe? Let it rest! After you cook the steak, let it rest for about 10 minutes to give it a chance to hold its juices. When you cut into it, you'll have a good, juicy piece of meat.

Serves 4 **Prep Time** 10 minutes **Cooking Time** 18 minutes

- ☐ 2 tablespoons butter, plus 1 teaspoon extra
- ☐ 1 tablespoon olive oil
- ☐ 4 beef fillets or rump steaks (about 150 grams each)
- ☐ 250 grams cherry tomatoes
- ☐ 150 grams baby spinach leaves

For the sauce

- ☐ 1½ tablespoons butter
- ☐ 1 small brown onion, sliced finely
- ☐ 3 cloves garlic, crushed
- ☐ 1 tablespoon tomato sauce
- ☐ 1 tablespoon Worcestershire sauce
- ☐ ¾ cup cream

1 Heat butter and oil together in a large frying pan on medium heat until foaming.

2 Lightly season steaks and add to pan with tomatoes. Cook steaks

for 3 to 5 minutes on each side (until cooked to desired doneness), turning once. Transfer to a plate with tomatoes. Cover loosely with foil and rest while preparing sauce.

3 Make the sauce: Wipe the pan with paper towels. Heat butter in pan on medium heat until melted. Sauté onion and garlic for 2 to 3 minutes, until softened. Stir in sauces and cook, stirring, for 1 minute. Pour in cream and bring to a boil, stirring. Reduce heat to low and simmer for 1 to 2 minutes, until thickened. Season to taste.

4 Melt extra butter in frying pan on medium heat. Add spinach and toss for 30 seconds, until just wilted. Serve steaks with sauce, spinach, and tomatoes.



HOME-STYLE BANANA AND COCONUT CREAM PIE

This one's easy as, well, pie! Make creative use of common pantry items to whip up a delicious dessert in under an hour.

Serves 6 to 8 **Prep Time** 15 minutes, plus 30 minutes chilling time

- ☐ **1 (250-gram) pack graham crackers, crushed roughly**
- ☐ **3 tablespoons butter, melted**
- ☐ **1¼ cups heavy cream, chilled**
- ☐ **1 tablespoon confectioners' sugar**
- ☐ **1 teaspoon vanilla extract**
- ☐ **2 ripe bananas**
- ☐ **¼ cup flaked coconut, toasted**
- ☐ **1 tablespoon honey for drizzling**

1 Process graham crackers in a food processor or blender until fine crumbs form. Add the butter and process to combine.

2 Press firmly into the base and sides of an 8-inch springform pan. Chill for at least 30 minutes, until firm.

3 Using an electric mixer, beat cream, confectioners' sugar, and vanilla together in a large bowl until soft peaks form. Keep chilled.

4 When ready to serve, gently remove cracker base from the pan and place on a serving plate. Spoon cream mixture into the crust, spreading to cover evenly. Peel and slice bananas and arrange over cream. Sprinkle with coconut and drizzle with honey.



Choose a side!

Wondering which side dishes to serve for grill night, a roast dinner, or a Filipino meal? No more guesswork; here are 12 downright delicious side dishes. Pick one to pair with your meal—or prepare all for a sumptuous spread.

Photography by Aldwin Aspillera **Recipes & Food Preparation by** Chef Myke “Tatung” Sarthou **Styling by** Rachelle Santos



CHORIZO
CORNBREAD
MUFFINS



Sides to match grilled dishes (pork chops, sausages and burgers, baby back ribs, barbecued chicken)

BABY POTATO SALAD WITH GREEN MAYO AND BACON BITS



SHRIMP AND PASTA SALAD



CARROT APPLE SLAW



CARROT APPLE SLAW

Serves 5 Prep Time 7 minutes

In a bowl, whisk together **½ cup lemon juice**, **½ cup honey**, **1 tablespoon mustard**, **2 tablespoons minced onions**, and **¼ cup olive or corn oil**. Season to taste with **salt** and **pepper**. In a serving platter, arrange **250 grams assorted lettuce leaves**, **2 cups shredded Granny Smith apples**, and **2 cups shredded carrots**. Drizzle with dressing or serve dressing on the side.

CHORIZO CORNBREAD MUFFINS

Makes 10 to 12 muffins Prep Time 20 minutes
Cooking Time 20 minutes

In a pan, melt **1 tablespoon butter** and sauté **1 chorizo Bilbao (cut into small cubes)** and **1 medium red bell pepper (roasted, peeled, and cut into small cubes)** until fragrant; set aside. In a bowl, combine **1 cup cornmeal**, **1¼ cups all-purpose flour**, **¼ cup sugar**, **1 tablespoon baking powder**, and **1 teaspoon salt**. In another bowl, combine **1 cup cream-style corn**, **⅓ cup vegetable oil**, **¼ cup milk**, and **1 slightly beaten egg**. Add the chorizo mixture to the flour mixture and mix just until blended. Pour into a well-greased 12-cup regular muffin pan until two-thirds-full. Bake in a preheated 400°F oven for 15 minutes. Serve hot.

BABY POTATO SALAD WITH GREEN MAYO AND BACON BITS

Serves 6 Prep Time 20 minutes Cooking Time 10 minutes

In a blender, combine **1 cup mayonnaise**, **juice from 1 lemon**, **1 teaspoon mustard**, **¼ cup chopped parsley**, **¼ cup sugar**, **½ teaspoon salt**, and **¼ teaspoon pepper**. Process until mayonnaise turns green; set aside. Boil **1 kilo baby potatoes** until tender. Cool, cut in half, and transfer to a bowl. In a pan, cook **200 grams bacon (cut into strips)** until crispy; set aside. In the same pan, sauté **6 cloves garlic (minced)** until fragrant. Add the fried bacon, bacon fat, garlic, mayonnaise mixture, **1 onion (minced)**, and **¼ cup chopped parsley** to the potatoes; mix well. Season to taste with **salt** and **pepper**. Chill and serve cold.

SHRIMP AND PASTA SALAD

Serves 6 Prep Time 20 minutes
Cooking Time 15 minutes

In a pan, heat **2 tablespoons butter** or **olive oil**. Sauté **500 grams shrimp (peeled and deveined)** just until they turn pink; set aside. In a large bowl, mix together **2 cups mayonnaise**, **1 red onion (minced)**, **2 tablespoons chopped fresh dill**, **juice from 1 lemon**, **¼ cup sugar**, **½ teaspoon salt**, and **¼ teaspoon white pepper**. Add **500 grams bowtie or spiral pasta (cooked according to package directions)**, **1 cup pitted black olives**, **2 cups seedless grapes**, and cooked shrimp. Garnish with **½ cup crumbled feta cheese**.

BOILED BROWN
RICE WITH SWEET
POTATO



JACKFRUIT
SALAD



OYSTER
OKOY





GRILLED
PINAKBET
SALAD



JACKFRUIT SALAD

Serves 5 Prep Time 10 minutes

Cooking Time 15 minutes

Boil $\frac{1}{2}$ kilo raw jackfruit (*langka*) until tender, about 10 to 15 minutes. In a bowl, mix together **1 cup vinegar**, **2 tablespoons sugar**, $\frac{1}{2}$ **teaspoon salt**, and $\frac{1}{4}$ **teaspoon pepper**. Add the boiled jackfruit, **2½ teaspoons minced ginger**, **2 red onions (sliced finely)**, **2 finger chilies (sliced diagonally)**, and **4 tomatoes (sliced into rounds)**. Stir in $\frac{1}{2}$ **cup coconut cream**. Transfer to a serving bowl.

BOILED BROWN RICE WITH SWEET POTATO

Serves 6 Prep Time 5 minutes

Cooking Time 10 to 15 minutes

Cook **3 cups brown rice** according to package directions, adding **1½ cups diced yellow sweet potato** when rice reaches a rolling boil (ratio: $\frac{1}{2}$ cup yellow sweet potato for every 1 cup rice). Transfer to a serving platter; serve hot.

OYSTER OKOY

Serves 6 Prep Time 5 minutes

Cooking Time 20 minutes

In a large bowl, combine **1 cup all-purpose flour or cornstarch**, **1 teaspoon salt**, $\frac{1}{2}$ **teaspoon ground white pepper**, **1 slightly beaten egg**, and $\frac{1}{4}$ **cup water**; stir until smooth. Add **1 cup oysters**, **1 cup bean sprouts**, and $\frac{1}{2}$ **cup chopped green onions**. Mix until well combined. Form thin patties by scooping some of the mixture onto your palm then flattening with the other palm. Set aside patties on a baking sheet or tray. Deep-fry the patties one by one over medium heat, making sure to brown both sides. Drain on paper towels. Serve with vinegar.

GRILLED PINAKBET SALAD

Serves 5 Prep Time 30 minutes

Cooking Time 15 minutes

In a bowl, whisk together **1 cup vinegar (sukang Iloko)**, $\frac{1}{4}$ **cup vegetable oil**, and **3 tablespoons sugar**; set aside. Slice **1 bitter melon (ampalaya)** in half then sprinkle with salt. Cut into half moons; squeeze. Wash, drain, then soak in a bowl with $\frac{1}{2}$ **cup vinegar**; set aside. Slice into bite-sized pieces **1 cup yard-long beans (sitaw)**, **200 grams squash (peeled)**, **4 pieces okra**, and **2 medium eggplant**; season with **salt** and **pepper**. Grill over medium hot charcoal until vegetables are tender. To assemble, arrange **2 cups fresh alugbati leaves** on a serving bowl. Arrange grilled vegetables and *ampalaya* on top. Pour dressing. Top with **2 to 3 teaspoons fish paste (bagoong)**. Garnish with **1 cup tomato slices** and **1 cup crushed pork crackling (chicharon)**.

Sides to match roasted dishes (chicken, beef, pork, leg of lamb, baked fish)

ROSTI POTATOES

Makes 10 Prep Time 10 minutes

Cooking Time 30 minutes

Peel **½ kilo potatoes** and boil until half-cooked, about 3 to 5 minutes. Let cool then grate potatoes. Heat **1 teaspoon olive oil** until very hot in an 8-inch nonstick pan. Add potatoes, covering bottom of pan, then flatten with a spatula and season with **salt** and **pepper**. Cook over medium heat until brown. Flip potatoes and cook other side until golden brown. Repeat to make a total of 10 pieces. Slice into quarters, if desired.

COUSCOUS WITH NUTS AND DRIED FRUIT

Serves 2 to 3 Prep Time 10 minutes

Cooking Time 5 minutes

Boil **1½ cups water or chicken stock** with **1 tablespoon vegetable oil**. Add **1 cup couscous**; stir. Let rest for 5 minutes then fluff with a fork. In a pan, melt **1 tablespoon butter** and sauté **2 cloves garlic (minced)**, **½ cup raisins**, **½ cup diced dried mangoes or apricots**, **¼ teaspoon cumin**, and a pinch of **cinnamon** for 1 minute. Toss in dried fruit mixture into the couscous; season to taste with **salt** and **pepper**. Transfer to a serving bowl and garnish with **½ cup chopped almonds** and **¼ cup chopped cilantro leaves**.

ROSTI
POTATOES

ROASTED RED BEET SALAD WITH FETA CHEESE

Serves 5 Prep Time 10 minutes

Cooking Time 30 minutes

Wrap **400 grams medium red beets** in aluminum foil. Bake in a preheated 350°F oven for 30 minutes or until tender. Cool, peel, and cut into ½-inch cubes. In a bowl, mix **½ cup balsamic vinegar**, **¼ cup olive oil**, and **2 tablespoons honey**. Season to taste with **salt** and **pepper**. Arrange **6 medium arugula leaves** in a bowl. Add beets on top and pour dressing. Top with **1 cup crumbled feta, goat cheese, or kesong puti** and **¼ cup chopped basil**. Add **1 cup chopped walnuts**, if desired.

LENTIL SALAD

Serves 5 Prep Time 10 minutes

In a bowl, whisk together **juice from 1 lemon**, **juice from 1 orange**, **3 tablespoons olive oil**, **1 tablespoon honey**, **1 red onion (sliced thinly)**, **1 teaspoon grated lemon zest**, and **2 tablespoons chopped parsley**. Season to taste with **salt** and **pepper**. Place **2 cups cooked or canned lentils** in a serving bowl. Add **orange segments from 2 oranges**. Pour dressing and mix well. Garnish with **parsley leaves**, if desired.



ROASTED RED BEET
SALAD WITH
FETA CHEESE



COUSCOUS
WITH NUTS AND
DRIED FRUIT



LENTIL
SALAD





// STARTUPS STEAL THE SCENE

Three successful entrepreneurs share their startup wisdom with those who want to enter the dynamic, fast-moving, challenging—and potentially very profitable—food business.

By Kristine Fonacier

Photos by [At Maculangan](#) and [Kai Huang](#) (Hacienda Macalauan)

Chocolate being molded into bars at the Theo & Philo factory.

There's something universally appealing about food businesses. Not only is it consistently named one of the top choices for small and medium enterprise startups, but because of its very nature, it's a business that comes close to the heart—you'd be hard-pressed to find someone who has a business making and selling food that they didn't like.

But with so many people entering the food business, it's become a highly competitive industry that is as fast-changing and challenging as it is potentially profitable. If you're thinking of putting up your own business, here are strategies and tips from people you should hear from: three successful startups who made their mark over the past year.

THEO & PHILO ARTISAN CHOCOLATES

Philo Chua is the "Philo" here, while "Theo" refers to *Theobroma cacao*, the scientific name of the cacao tree, from which chocolate is produced. Theo & Philo Artisan Chocolates became a near-instant sensation following their introduction into the retail market in 2010, thanks to its high-quality offerings, the unique flavors in its range, and the brand's claim to being the only bean-to-bar chocolate manufacturer in the Philippines.

Theo & Philo Artisan Chocolates is available at select outlets, including EchoStore at Serendra, Bonifacio Global City; mobile no.: 0920-4315650; website: www.theoandphilo.com.

12 BASKETS

Opened in June 2010, this neighborhood bakery in Little Baguio, San Juan, is run by young entrepreneur Fred Yang. Offering the traditional bakeshop staples such as sliced bread, cheese bread, *ensaymada*, and dinner rolls alongside some specialties such as pesto bread, egg tarts, and *tikoy*, 12 Baskets has managed to garner a fast following in an otherwise crowded market.

12 Baskets Bakeshop is at 38 General Juan Gutierrez St. corner J. Abad Santos St., Little Baguio, San Juan City; mobile no.: 0920-9384212; website: www.facebook.com/12-Baskets-Bakeshop



At 12 Baskets bakeshop, breads are baked fresh daily.



Yogurt and cheeses are created at the Laguna farm of Hacienda Macalauan.

HACIENDA MACALAUAN

Although the dairy farm itself has been in operation for almost 20 years, Hacienda Macalauan, under the helm of company president Ed Soriano, has only recently developed a line of milk and yogurt products to enter the Metro Manila retail market. The Gatas Tisoy brand of cheeses, which used to be sold only to the Laguna market, is now also found in select Metro Manila outlets.

The Hacienda Macalauan Manila marketing office is at 7/F Pacific Star Building, Buendia Ave. corner Makati Ave., Makati City; tel. no. 818-1264; the Laguna dairy farm is at Brgy. Mabacan, Calauan, Laguna; tel. no.: (049) 566-0265.



Philo Chua of Theo & Philo Artisanal Chocolate, photographed in his Binondo chocolate factory.

TIP #1 CHOOSE A PRODUCT YOU CAN BE PASSIONATE ABOUT.

You're going to be spending a lot of time and effort on your product, so you should really care about it. Even if it's not an existing interest, you should be able to see yourself growing interest in it over time—not everybody knows what they want to make right away. When Philo Chua of Theo & Philo Artisanal Chocolates was in the US working as a programmer in Philadelphia, his interest in cooking started slowly: Living by himself, he learned how to cook, and then progressed to baking. From there, it was only a short hop to working with chocolates. And the more he learned about chocolate, the more interested in it he became, and was further intrigued by the fact that the Philippines was prime cultivating ground for the cacao plant. From there, he got the idea to

make a completely Philippine-made product that was as good as anything you could buy in foreign markets, doing everything locally and in small, carefully handmade batches. It took three years until he finally started rolling out his artisanal chocolate bars—few people would have stuck to the plan this long if they hadn't cared about the product at all. Remember

Theo & Philo chocolates are wrapped in Filipino-inspired designs.



that setting up a food business is a marathon, not a sprint, so choose something you can stick to for the long run.

TIP #2 DISTINGUISH YOURSELF FROM THE COMPETITION.

What food can you think of that isn't in the market yet? An all-new offering or a new riff on an old product will allow you to stick out from the rest of the market.

"Everyone else is doing truffles, stuff like that. This is different," says Philo, and it's easy to see what he means. Say "Filipino chocolate," and most people will immediately think of *tableyas* or cheap candy bars. No one else is producing the gourmet chocolates that Theo & Philo is now known for. Add to that the fact that everything is lovingly handmade and locally sourced, and it's clear how unique Philo's products are.

But what about distinguishing yourself in an already-crowded market? "To distinguish yourself, especially in the bread industry, it'll have to be all about ingredients," says Fred Yang of 12 Baskets. "You have to choose ingredients that are a little bit better than others. To differentiate ourselves as a neighborhood bakery, we have to offer better products than the local low-cost *panaderias*. Of course, we also want to keep ourselves competitive when it comes to pricing, so it's a tough balance."

TIP #3 CARE ABOUT QUALITY.

Too many food businesses make the mistake of starting out with really good products to hook their initial market, then cutting back on quality when they feel they've earned enough customer loyalty. This is a mistake, because loyalty works both ways: Customers also demand that you be loyal to them by being



Fresh milk, yogurt, and cheeses at the Laguna farm.

consistent with your quality—they will even pay a premium to get the same quality they've come to expect from you.

Hacienda Macalauan, for one great example, bottles their milk entirely from raw milk; many commercial brands that carry the label "fresh milk" are actually made partly from powdered milk, says Hacienda Macalauan president Ed Soriano. Their insistence on using only raw milk, which is pasteurized but not UHT-processed, means that their milk products are more expensive and have a shorter shelf life—both bad news for retailers. But the clear difference in taste and quality ("This is what milk should taste like," enthused the friend who introduced me to the brand) have won them a loyal following of customers who actively seek out Hacienda Macalauan milk over other, cheaper mass-produced brands.

TIP #4 USE THE RESOURCES AT HAND.

The first question any aspiring entrepreneur is bound to ask is, "Where will the money come from?" Banks and other loan institutions can help you out with initial capital, but more often, there is a nearer and dearer source that you can look to: "You'll have to rely on the sources that are most available

to you, and that, of course, includes your parents. In my case, it was my family [and] our existing family business. That's where the financing came from," says Fred.

His experience is echoed by Philo: "My dad helped me out. In fact, this building is my dad's. We had this extra space, so I thought I should use it because it's rent-free. I'll take whatever [help] I can get, especially since I'm just starting out and things are always tight."

There are, of course, both advantages and disadvantages to having a family arrangement. "There's always the balance that you have to keep between the professional and the personal," laughs Fred. "But in other matters it also helps—because you can keep things very confidential, you can easily share

plans, you can talk to each other over dinner. It can make things very easy."

TIP #5 LEARN EVERYTHING FROM THE GROUND UP.

There is no one in the food industry, no matter how big the business has become, who doesn't know everything about their own products. Ed Soriano knows everything there is to know about breeding cows; he even likes to shovel feed to the herd when he can. This is in addition to overseeing marketing and distribution in



Cows a-milking.

their Manila office. Philo Chua is personally involved in the day-to-day production of their artisanal chocolates, and Fred Yang remains hands-on even as he plans to devolve daily management to his store staff, so that he can concentrate on his expansion plans.

At the startup period especially, it is crucial for you to know every step of the process—if you're not doing the food preparation yourself, you're there to oversee the training of your workers. Later on, familiarity with the entire process will help you with quality control.

TIP #6 PUBLICIZE!

Even with a limited marketing budget, you should be able to get the word out in a number of creative ways. Word-of-mouth has always been a startup's

friend, and now there are more ways to maximize that than ever before. Social network sites like Facebook and Twitter are a free, easy way to keep in direct touch with customers and have them recommend you to their friends. Learn how to use the site's features—photo albums, discussion boards, reviews, mailing lists, etc.—to get the most out of it.

Many startup food businesses have also learned how to go through the bloggers' networks. 12 Baskets just opened in the middle of 2010, but Google it, and you'll find a surprising number of blog entries about the bakeshop. After a few bloggers posted mention of the shop on their sites, customers were driven to the bakeshop. "After that, I decided to really seek out these bloggers," Fred says.



The Laguna farm of Hacienda Macalauan is home to imported cows that provide the milk for their products.

His ingenious solution was to throw a costume party for bloggers in September 2010, offering amateur food and travel writers a chance to sample the goods. The result: a number of blog entries carrying the bakery's address and contact details, along with pictures of the products. It's a long-lasting advertisement to all the right people (i.e., foodies and their friends) for just the cost of a small tea party.

TIP #7 BE PREPARED FOR SETBACKS.

"I only started real production in 2010, but if we're talking about setting it up from the beginning, it's been three years," says Philo. Along with the standard trial-and-error period for formulating his products, there were plenty of other hitches along the way, especially when it came to the specialized equipment needed for chocolate making. Not only did he have to save money to buy the machinery one by one and learn how to work each of them by himself, he also had to contend with occasional breakdowns and other problems, which resulted in costly and time-consuming delays.

Even at the long-running Hacienda Macalauan dairy farm, the setbacks were sometimes staggering. "In the 90s, [the farm] was hit with TB and I lost most of my herd," says Ed. "I had to lick my wounds for a while." But lick his wounds and regroup he did, and after bringing in more cows from Australia and New Zealand, and breeding them to suit the lowland pastures in Laguna, Hacienda Macalauan is now stocked with a herd of about 300 cows.

Admittedly, some businesses may require deeper pockets than others to start up and weather setbacks, but it all comes down to smart preparation for the inevitable. And, most



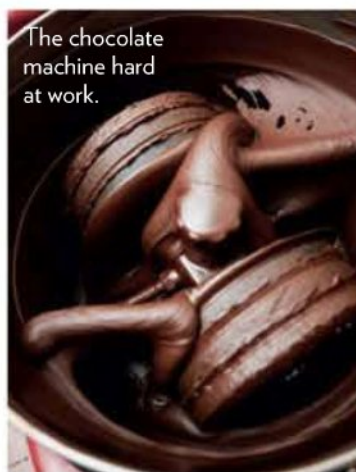
Fred Yang of 12 Baskets, photographed in his San Juan bakeshop.

importantly, "Persevere!" Philo says, laughing. "There's a lot of hard work involved in setting up. Don't expect to get all your investment back right away."

TIP #8 INNOVATE! IMPROVE!

The key to a food business that will remain successful in the long run is constant innovation. Even as you build a stable base of customers who keep coming back for your products, keep them interested with new offerings, be it new product lines or new flavors. Theo & Philo generated buzz in the crowded Christmas-gifting market when they introduced unique flavors like Pan de Sal, Labuyo, Barako, Pili and Pinipig, and even Green Mango and Salt.

Hacienda Macalauan, which has also had some success



The chocolate machine hard at work.



Pandesal, just out of the oven.

producing flavored yogurt, is now looking to expand its product range to include cottage cheese, sour cream, and other dairy products. Fred Yang, even as he concentrates on bakeshop staples, is also constantly looking to improve on 12 Baskets' recipes and offer new things that the market may be looking for.

The best source for clues on new products is your customers themselves. Good entrepreneurs know how to listen to their customers and pick out which requests may present opportunities. "Ever since I started, people have been asking for diabetic-friendly chocolates," says Philo, who is now experimenting with chocolates using coconut sugar.

TIP #9 ASK FOR HELP.

When he was starting out, Fred Yang consulted other people in the industry to ask for advice. Other bakers and suppliers were happy to lend him their expertise, and he learned a lot from the people who had been in the business for a while.

Most entrepreneurs also forget that there is quite a lot of assistance that they can get from the local government. The Department of Trade and Industry, which has offices in every province, is tasked to help small businesses start up. It's extremely worthwhile to drop by the local office to see if they have classes—which are open to the public for free or for a small fee—and consult for other services that may be on offer. Occasionally, there are even grants and loans that you might be qualified for.

TIP #10 GO BIG OR STAY SMALL? CAREFULLY CONSIDER YOUR EXPANSION PLAN.

There isn't one answer to this question, as each business will have different needs. The specialty chocolate business, for example, isn't made for the mass market. "I'm looking for more distributors all the time," says Philo, "but it's hard to break into the supermarkets because the product is unique. Unless people already know the brand and look for it, they won't notice it at all." In this case, it's wiser to keep production small for now and stick to specialty outlets.

It's a very different case with 12 Baskets, which may open two more branches before the end of 2011. "In the [bakery world], you really need to expand fast to survive because we [want to achieve] scale. We need to open more outlets, so we can bring down the cost of the products, especially since prices [of supplies] tend to fluctuate pretty fast," says Fred.

As with everything else, prudence and caution—laced with a healthy amount of risk-taking—are needed before you make a move. Find out what's right for the business you've chosen, make a plan, and then stick to it.



Noodleliciously Good!

Learn and earn!

Business class

Going into a food or food-related business? Twenty-one entrepreneurs dish about the changing preferences of Filipino consumers, what makes a good brand, what they've learned while setting up their own businesses, and more.

Photography by Dairy Darilag Produced by Liezl Yap



SWIRLS FROZEN KEFIR

The biz idea A frozen kefir café

On knowing what sets your business apart “Kailangan mahilig ka talaga sa food. Kapag nahanap mo na ‘yung gusto mong gawing business, kailangan bigyan mo pa ng twist. We’re the first store that sells frozen kefir. Usually, di ba, puro yogurt? Naisip ko, bakit hindi kefir kasi same family rin as yogurt. Research on the ingredients in your product and the benefits they offer. **You have to know what would make customers choose you over your competitors.**”—Boj Iliscupidez

CITY DELIVERY

The biz idea A multi-restaurant delivery service with over 150 restaurant and home-based business partners

On the importance of training

“Training is vital and is the cornerstone of our business. **Investing in our people’s learning is something we prioritize.**

Before we started, we partnered with a training company to train our people on food knowledge, customer service, and issue and problem resolution, with modules on how to manage difficult customers and appease irate callers. We even had several mock simulations and weekly exams with different scenarios to ensure that we would be ready for any situation. Until now, we do regular trainings on partner menus and conduct weekly qualitative spot-checks.”—Ash Co Kehyeng



MESSY BESSY

The biz idea All-natural household cleaners made by HOUSE (Helping OURselves through Sustainable Enterprises), which employs disadvantaged young adults

On social entrepreneurship

“What really worked with Messy Bessy is that we started very small, and we never compromised our main goal of rehabilitating disadvantaged young adults. **When you’re clear about your main social goal, all other decisions seem to be made naturally.**”—Krie Reyes-Lopez

GO GREEK

The biz idea Greek street food made more accessible

On giving customers value for money “Review your prices and make sure your customers don’t feel like they’re being shortchanged. We always want to offer high-quality food at very inexpensive prices; that’s the challenge. We squeeze our suppliers to give us the best prices so we can pass on those savings to our customers. In anything that we do, our mantra is ‘**Good food is a right, it’s not a privilege.**’ I want my food to satisfy and to reach a bigger market.”—Robby Goco



ADDITIONAL PHOTOGRAPHY: MIGUEL NACIANCENO (PBCO), VINCENT COSCOLLUELA (PICOLE)
* SEE DIRECTORY FOR CONTACT INFORMATION OF FEATURED BUSINESSES

MANILA SCRAMBLE

The biz idea The classic ice scramble of childhoods past updated and made modern

On creating a strong brand identity “A strong brand identity can really help businesses, mainly because people find it easier to recall images than text. There’s that old saying: ‘A picture is worth a thousand words.’ **The logo can be remembered and identified with greater ease than a thousand words describing the company, product, or service.** Color is essential, too. That’s the reason we use pink consistently as a main color. Now, when you say scramble, the first thing that will pop into your head is, ‘Ahh, *’yung kulay pink na tinitinda sa labas.*’”—Eric Nadurata



PBCo.

The biz idea A restaurant dedicated to serving one-of-a-kind peanut butter creations

On what makes a successful brand “In the food and beverage industry, **the key factors in creating a successful brand are taste, service, and presentation.**

Design is key because it creates a mental picture of what the business represents, while taste and service back that up.”—Howard Tan



18 DAYS

The biz idea Freshly roasted coffee beans, including civet coffee (*alamid*), produced by partnering with farmers and their communities

On measuring success

“Once the farmers see that they can earn from planting coffee, they themselves will protect the mountainsides. *Mas magtatanim na sila. So ’pag nakita namin na ’yung lugar na dating hindi populated ng trees, punung-puno na ng coffee trees ngayon, then alam namin na we’re making a mark.*”

—Paolo Reyes



GOURMET PAO

The biz idea Siopao in fresh, interesting flavors beyond *asado* and *bola-bola*

On the evolving preferences of Filipino consumers “Filipinos are food lovers at heart, and **we have become quite daring in our food choices. We do not settle anymore for mediocre-tasting food. We want good food at a good price, but we do appreciate unique and novel food ideas and will pay a premium for them.** We realized this when we started Gourmet Pao. We made a wheat pesto-veggie variant with grilled red peppers, zucchini, eggplant, and garlic for our purely vegan customers, and it has a huge following.”—Monica Martinez-Dominguez

RISA CHOCOLATES

The biz idea Dark chocolate truffles and chocolate bars in flavors like TiraMissYou and White Choco Almondacious **On the challenges of entrepreneurship** “Risa Chocolates began with discovering my passion for chocolates. I love, love, love to eat chocolates, especially truffles! It was meant to be a personal outlet for creativity, but now that I have a family, I am discovering how much more fulfilling it is to have your own business borne out of one of your passions. But you have to be prepared to work very, very, very hard. The most important lesson I’ve learned so far is to **stick to the reason why you went into business in the first place**. There’s so much work to do, but you have competition and limited resources. It’s easy to get distracted by all these, but if you always remember your objectives, you will remain focused.”—Pamela Lim Cinco



MOCHIKO

The biz idea Ice cream-filled mochi in flavors like black sesame, green tea, and caramel

On conceptualizing new products “I think it’s very important to **always go back to the question: Is what I’m offering truly different? If your concept doesn’t bring anything new to the table, then it should be changed or adjusted**. One has to be very self-critical when it comes to this. Mochiko is unique because it offers something familiar, but in a different format, so to speak. Filipinos have had ice cream and gelato in cups and cones before but not sandwiched in chewy rice. This not only introduced new flavors, but also a new texture when eating ice cream. The most important thing we’ve learned in our years of doing business is that if you have a truly good product, you are 80 percent there.”—Nowie Potenciano



MANILAQ

The biz idea Home-cooked food for busy students and professionals

On different sources of inspiration “Watching the Asian Food Channel, the Food Network, and other food shows teaches you a lot about possible ingredient combinations and different cooking methods. **But the key is not to simply copy what you see**. We innovate by understanding what every ingredient does for the taste and texture of the final product, and then we make our own version.”
—Charibelle Morados

25 MUSHROOMS KITCHEN

The biz idea Cooking classes for household helpers, complete with training programs on recycling, hygiene, formal table settings **On starting out small but dreaming big** “25 Mushrooms started with classes for a few of my friends’ helpers in my own home kitchen, then the business took off from there. We grew very organically—through referrals by friends, social networking sites, and advertising through e-mail and in village newspapers. When we couldn’t accommodate the number of students in my kitchen anymore, we looked for another venue to work in. **As much as possible, limit your initial capital expenses. Use the resources that you already have on hand. When your business does well, that’s when you start expanding**.”—Sari Jorge



NUIU LIFE CUISINE

The biz idea Healthy meals tailor-made according to customers' prescribed daily calorie intake
On setting yourself apart from the competition "The food industry is one of the most stable businesses you can go into, but it's also very unforgiving. Because there are lots of options to choose from, you have to continuously innovate and perform. Whatever specialization you want to go into, make sure that you are very aware of your market and competitors. Try not to be a copycat—make your own unique product or service. Culinary Arts is the new Nursing—there are a lot of graduates with entrepreneurial pursuits and this raises the level of competitiveness in this business.

If you're not a chef, make sure you have a good culinary team that will support you in creating unique products."—Brian Kitane



MERRY MOO

The biz idea Ice cream made in small batches, with unusual flavors like Earl Grey Tea and Strawberry Basil

On finding good suppliers "We want our customers to enjoy our ice cream as well as get a better understanding of the local community of food purveyors it comes from. We source the dairy products from farmers in Bulacan with Holstein-Friesian cows that graze and roam freely in huge pastures. Since the dairy products are non-UHT treated, the flavor of the milk and cream is unaltered and the product retains its nutritional content. We believe that this gives our ice cream a distinct flavor and creaminess. **I try my best to find suppliers who are as passionate about their products as I am about mine.**"—Kelvin Ngo

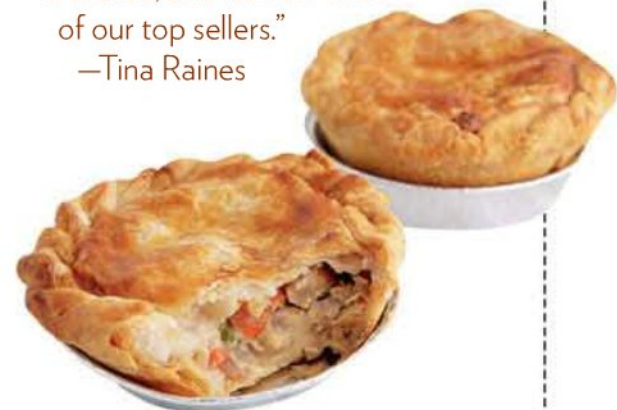
TINA'S PIE OUTLET

The biz idea Homemade savory and frozen dessert pies, all freshly baked, preservative-free, and made without the use of extenders

On innovating and creating new flavors "We sell 15 kinds of pies, and the most popular ones are Smoked Salmon and Prawns, Callos, Chicken Cordon Bleu, Cheese Steak, and Beef with San Miguel Light. We introduced a rice pie, which is similar to the Russian Pie (a combination of rice and fish) but it didn't fly even if we are a 'rice country.' Based on our experience at Mercato Centrale and from the orders we get, **Filipinos are always willing to try something new.**

This is one of the reasons why we try to introduce new fillings. As an example, the English have their beef and Guinness Pie, so we came up with our own version using beef and San Miguel Light. It clicked, and it's now one of our top sellers."

—Tina Raines



THE HONEST JUICE

The biz idea Fruit and vegetable juices made using the cold-pressed method for maximum retention of nutrients, with no added sugar, ice, or water

On tapping the health-conscious segment “Proper consumer awareness is important.

A common misconception is that being healthy means forgoing your appetite for taste. We ensure that our juices are well balanced so that the taste of something new (such as wheatgrass) won't be too overpowering. We like playing the part of the mother who encourages her child to eat vegetables by discussing the benefits, rather than forcing him to eat veggies simply because he has to. We integrate fruits and vegetables that people are not too keen on by pairing them with well-liked fruits—like combining beetroot with apple. This is a good way of educating consumers on healthier alternatives without sacrificing taste.”—Jamie and Janyn Chua



PICOLE

The biz idea Healthy ice popsicles, made with fresh fruits

On employing other strategies for growth

“We don't sell our popsicles directly. Instead, we started right away with our dealership program. Our dealers start off selling from their houses, then joining bazaars. Now our dealers have a regular customer base. We pass everything to our dealers, giving more opportunities to them. **Our business growth depends on our dealers' growth. We grow together with our dealers.**”—Al Mejia

PHOTOKITCHEN FOOD PHOTOGRAPHY

The biz idea A photography studio specializing in food photography, with an in-house food stylist

On the importance of learning on your own “We live in a time when

everything you need to know about anything is available online. Back when I started shooting food, I read food and photography blogs that detail the specifics on how experts all over the world practice food photography. As for honing my skills, it was a mix of practice and play. I experiment in my free time and I keep learning more in the process.”—Mylene Chung

GERALD BOULANGERIE

The idea Breads freshly baked in the French tradition and delivered to customers daily

On going the extra mile for customers

“We do deliveries from our website with no minimum order. Imagine: You're in your condominium, and in the lobby every morning, there's a warm, freshly baked croissant waiting for you.”—Gerald Agasse

TEAOLGY

The biz idea A tea café offering unique blends like Mojitea and Frosted Mint Chocolate Milk Tea

On the importance of choosing the right employees “Daily operational

challenges include ensuring that our staff delivers good products consistently and provides great customer service at all times. They have to be well-trained in managing

inventory and controlling wastage. **It is**

very important to develop effective procedures in systematizing our operations, invest in good training, and choose the right people for the job.”—Sheryll Sobremonte




PINOY EATS WORLD

The biz idea Food tours and guerrilla dinners that aim to propagate food culture

On learning through immersion “I'm a student of food culture—everyone involved in Pinoy Eats World is—and we've all somehow had the opportunity to travel from time to time. This is where I get ideas: from things I've seen and experienced. I also read a whole lot and absorb all sorts of stuff, and I talk to a whole lot of people in the industry. My advice to aspiring entrepreneurs? **Wear your passion on your sleeve and go for it!**”—JJ Yulo

Top 10 Lechon in Manila

	 NO. 1
	TITLE
1	GENERAL'S LECHON
2	ELAR'S
3	ULCING'S
4	MILA'S LECHON
5	ALING LORING'S
6	CRIS NATIVE LECHON
7	SABROSO LECHON
8	JIRO'S LECHON
9	JUN JUN'S CEBU LECHON
10	LYDIA'S LECHON

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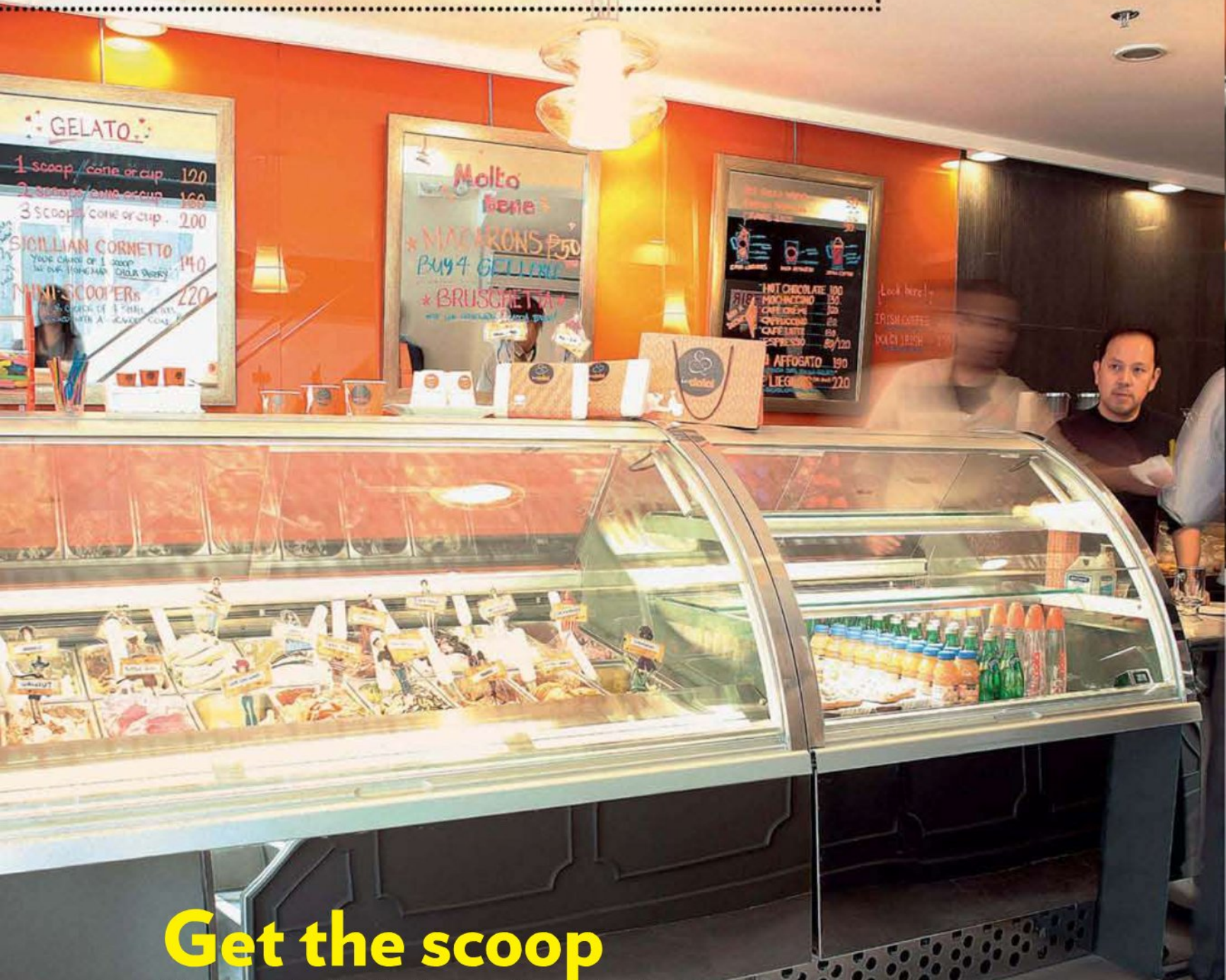
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Restaurants



Get the scoop

With an avalanche of milk tea, coffee, and gelato concoctions, this summer looks made for serious sipping and scooping. Meet three cafés devoted to making these cool delights.

Reviews by Ryan Fernandez Photography by Miguel Nacianceno
Pictorial Direction by Elaine P. Lim



CAFÉ LIEGOIS AND ASSORTED MACARONS



DARK CHOCOLATE GELATO

PISTACHIO GELATO

gelato, granité, and perky espresso is a great choice as well.

The shop constantly updates their flavors, improving on kinks in the system every now and then. For instance, I'm looking forward to better Bubblegum and Salted Caramel next time around. They're not terrible; the texture just borders on the gummy side. Even one of their bestsellers, the Salted Caramel again, seems to lack an added bite for

more contrast. But as a whole, Dolci's flavors don't dwell too much on the sweet side—unlike other gelateria—and you'll get to appreciate their varied, often rarefied tastes if you give the place a chance.

After wave upon wave of gelato, you'll eventually be craving for something on the savory side. Dolci takes care of that too: Look for their wonderful pizza smothered with cheese, mushrooms, and roasted garlic to liven up your taste buds before swooping back into your cups of gelato. Sample some of their unique macarons as well—at a hefty P50 a pop—with some unlikely twists like green tea, blueberry cheesecake, and passionfruit. Either way, Bar Dolci goes over and beyond being a simple gelateria. A penchant for experimenting with new flavors and textures—it took three tries to get the White Chocolate Wasabi flavor just right—makes this place a cut and a scoop above the rest.

ADDRESS F133 Forbeswood Heights, Forbestown Road corner Burgos Circle, Bonifacio Global City, Taguig City; tel. no.: 846-8245; website: www.bardolci.com **MUST-ORDERS** Gelato in White Chocolate Wasabi, Thai Tea, Pistachio, Dark Chocolate, The Mumbai (P120 to P200 per scoop); Scoopers (P220); Sicilian Cornetto ice cream sandwich (P140); Café Liegois (P220); Macarons (P50 per piece, P200 for five pieces) **PRICE RANGE** Gelato single scoop, P120; Gelato double scoop, P160; Gelato triple scoop, P200; Gelato specials, P130 to P220; Pizzas, P240 to P260; Drinks, P50 to P130

Dessert destination

BAR DOLCI

It's not every day that dessert comes first, but you'll find yourself fussing over scoops of Bar Dolci's exquisite gelato even before realizing you haven't had anything else for lunch. Any momentary memory lapse is quite understandable: This new addition to the Burgos Circle dining district flaunts an admirable independent streak, churning out amazing and unexpected flavors such as White Chocolate Wasabi (it's sweet, ending with a tingly white horseradish kick) and Thai Tea (it's like having a cup of frozen Som's iced tea). While you're at it, make sure to sample the genuine taste of roasted pistachio, and double dabble with their dark chocolate and Ferrero. There's even a Pink Bubblegum gelato that will take you back to the good old days of Coney Island ice cream. Everything's made right behind the counter so feel free to ask the staff which batches are just fresh out of the gelato mixer.

One hundred twenty pesos will get you a scoop, but if you're splitting with friends or just can't make up your mind, go with the Scoopers—four mini scoops served in cups and a separate cone for easy sharing. But for a hefty dessert, opt for a classic sorbetes-style sandwich. Cream puff aficionados, meanwhile, can have their gelato served in flaky choux pastry. And while Bar Dolci carries the usual suspects like Stratiaciella, Cookie, and Vanilla, here's your chance to also sink your spoon into quirkier flavors. There's the sorbet-esque Tanglad, *pinya*-infused Indochine, and the Mumbai—a dreamy concoction of mango and kaffir lime that recalls Indian lassi. For more mature palates, the Café Liegois layered with cream, cappuccino



ROASTED MILK
TEA WITH
ADZUKI BEAN
AND PUDDING



GREEN TEA
WITH ROCK SALT
AND CHEESE



LEMON YAKULT
AND BLOOD
ORANGE BLACK
TEA WITH ALOE

Bubble tea bliss **HAPPY LEMON**

If your friends roll their eyes whenever it's your turn to order, then you're in good company. We all have our moments of indecision: Think back to your last sighing waiter, or that long awkward pause over the pizza delivery hotline. At Happy Lemon, choosing has never been so difficult, what with the whopping 47-drink menu of perky Yakult shakes, soothing milk teas, fruit-infused coffee brews, and more. The hit chain that has been making waves in China and the blogosphere since 2006 has finally set up shop in where else but Greenhills, offering up a bewildering variety of signature drinks. While the kitchen looks like a cross between a frozen yogurt joint's table of toppings and a café's array of coffee machines, be on the lookout for luscious jellies and tapioca pearls, citrus twists, and over-the-moon ingredients like puff cream and pudding in your drink. The fancy pearl shakes won't impress everyone, but Happy Lemon will definitely leave many smitten after the first sip.

Given the expansive menu, it's going to take several visits to find your personal favorite. Start your search with a bestseller like the Green Tea with Rock Salt and Cheese—cascading salty, sweet, and bitter flavors that keep you guessing with every gulp (yes, skip the straw). More somber is the toasty-tasting Roasted Milk Tea with chewy adzuki beans and bits of custardy pudding. There's even what could almost pass as buzz-free sangria or fruit punch in the tarty Blood Orange Black Tea with Aloe. Other drinks took me back to the sugar-driven days of my childhood in the 90s with the likes of icy Lemon Yakult that's reminiscent of Orange Julius, or the Lemon Honey with

Seaweed Jelly that feels like slurping on Jelly Ace, kiddie-party style. Happy Lemon is playful, even downright zany, pairing flavors, textures, and even giving you the option to go hot or cold. Most of the time it pays off, but there are some drinks that look good only on paper. The roasted milk teas tend to exhibit overly strong roasted flavors, and you might want to skip the saccharine-sweet

nata de coco and blueberry if you're watching your sugar levels.

I dropped by the store on a weekday afternoon and it was packed with college students pooled over book reports and bubble tea. When my Green Tea with Rock Salt and Cheese was served, a group of teenagers at the counter couldn't help but oooh and ahhh in wonder. Fun, vibrant, and quirky, Happy Lemon caters mainly to the hip youth, shoppers escaping the madcap bazaars of Greenhills, or those just looking for a fresh change of pace from the usual coffee shop hangout experience (fans of blended coffee shakes ought to try their coffee-inspired Oreo Cookies and Cream). Every drink is so gingerly put together—wedges of lemon, chunks of red bean, mango-orange swirls—that it's hard not to treat your order, if the winking mascot on every cup is to be believed, as a cup of sunshine. So grab a straw and pick a drink; Happy Lemon will not burst your bubble.

ADDRESS G/F The Promenade, Greenhills Shopping Center, San Juan City **MUST-ORDERS** Green Tea with Rock Salt and Cheese (P80/P90); Blood Orange Black Tea with Aloe (P75/P85); Roasted Milk Tea with Adzuki Bean and Pudding (P90/P100); Lemon Yakult (P90/P100); Oreo Cookies and Cream Coffee (P90/P100). **PRICE RANGE PER DRINK CATEGORY** Lemon series, P60 to P90; Rock Salt Cheese, P80 to P100; Milk Tea, P75 to P100; Mousse Spin, P90 to P100; Cocoa and Coffee, P80 to P110; Specialty drinks, P80 to P100; Fresh Tea, P65 to P85

An affogato affair

CAFFE TI-AMO

Caffe Ti-amò is one of Greenbelt 5's newest residents, and while its posh neighbors are plying Mango shoes and Calvin Klein intimate wear, the new shop already has its hands full with heaping scoops of dark chocolate, milk cheese, and green tea for Makati urbanites. Ti-amò comes in the wake of another Korea-imported frozen yogurt chain, but the gelateria ups the dining experience with fancy ice cream concoctions and coffee drinks that are more at home in the sidewalk cafés of Rome and Florence than the gleaming malls of Seoul and Manila. Drop by for a scoop or two or to sip some Caramel Macchiato, but coffee and gelato go hand-in-hand so naturally here that you'll swear by their affogato even as your hazelnut gelato bubbles and melts in a marvelous puddle of espresso.

Ti-amò's gelato selection is a cross-section of Italian and Asian palates at work: Their rich Dark Chocolate and nutty Pistachio are easy picks, but also sample the Milk Cheese, Green Tea, tart Yogurt, and the refreshing Tropical Sunshine. There's even a peculiar Rice flavor that comes out rather flat on the taste buds, and an eerily glowing Orange that's too sweet for anyone's good. For their preparations, try scoops over a bed of waffles topped with kiwi and strawberry slices, whipped cream, and a drizzle of syrup for good measure. Not to be outdone is their formidable Honey Bread topped with two scoops of your chosen gelato flavors, blueberry compote, mixed fruits (because it has to be healthy, right?), and a sprinkling of cinnamon. The bread wins points for its firm outer crust and a moist center you can't wait to sink your fork into. Speaking of silverware, check out their adorable shovel-like spoons with smiles on them.

You'll find Ti-amò a leisurely escape from the constant to-and-fro around the various Greenbelts. The atmosphere is chill, with



WAFFLE WITH GELATO

customers reading papers or engrossed in their iPads while slowly, almost tortuously, taking apart their gelato waffles or gingerly pouring over their

affogato. The café itself with its tall ceiling and brick wall interior summons the environs of a Brooklyn loft that perfectly fits into the mall's urban setting. As for service, the staff is more than eager to recommend their personal favorites or help you pair flavors (one even told me which ones were not so good). On the whole, Caffe Ti-amò has everything you'd expect from a decent local gelateria: a broad range of flavors, keen service, and the occasional wide-eyed child hovering by the ice cream counter. Creative gelato preparations and satisfying affogato make Ti-Amò shine and they're what will make many fall again and again for Ti-amò.

ADDRESS G/F Greenbelt 5, Ayala Center, Makati City; tel. nos.: 363-5315, 365-0892 **MUST-ORDERS** Gelato (P49 to P129); Gelato with Waffle (P95 to P379); Honey Bread (P120); Affogato (P99); Caramel Macchiato (P105 to P130); Tiramisu Caffe Latte (P89 to P135) **PRICE RANGE** Gelato, P49 to P129; Gelato specials, P95 to P379; Coffee and Espresso, P75 to P130; Caffe Latte and other coffee beverages, P79 to P135; Other beverages, P89 to P135



THIS MONTH, CHECK OUT...

Veranda at Robinsons Galleria

As part of Robinsons Galleria's ongoing facelift, the mall has transformed a somber parking lot into a bright strip of eating affairs.



8 Spices

The menu has the requisite Bagoong Rice and Chicken Pandan that many Filipinos associate with Thai cuisine.

But to fully appreciate 8 Spices, you'll have to get your tongue all fired up with its curries and tom yams. **MUST-TRIES** Chicken with Green Curry, Baked Prawn in Coconut Shell, Crispy Whole Catfish with Salt and Pepper, Beef Noodle Soup



Giligan's

Barkadas love Giligan's for its familiar selection of Pinoy bar food and straightforward ambiance. Indeed, its Groupies packages, basically affordably priced samplers of Giligan's favorite entrées good for groups of four to six, are some of the restaurant's most popular orders. That Giligan's has a band playing every night, except Sundays, is just a happy bonus. **MUST-TRIES** Bulalo, Kilawin, Sizzling Pork Sisig, Mozzarella Sticks with Tomato Salsa



Johnny Rockets



Entertainment dining, that's what we'd call it. Every 15 minutes or so, the managers and servers of Johnny Rockets dance to Elvis Presley ditties, giving the 50s Americana-designed diner a sense of wholesome energy. In charge of bringing fun to your palate, meanwhile, are the 100-percent beef burgers, luscious milkshakes, and eat-all-you-want fries. **MUST-TRIES** Bacon Cheddar Double, The Houston, #12, Deluxe Shakes



Delicious Kitchen by Eat Well



Their take on Cantonese cuisine is deliciously light and clean. Delicious Kitchen caters mostly to the lunch crowd of

young professionals, which explains the ample selection of rice toppings—from Roasted Crispy Pork Rice to Chicken with Chinese Sausage Rice in Hot Pot. **MUST-TRIES** Homemade Beancurd with Asparagus and Bailing Mushroom, Masachi, Deep-fried Pork Chop

La Creperie

Yes, you can have a quiet afternoon at the mall. At La Creperie, you can make for yourself a cozy space with its sunny yellow interiors and savory crepes. Not a fan of meat on crepes? Then order a sweet one; Double Chocolate Fudge or a Mango Hazelnut will do. La Creperie also serves a mean French toast with fresh mangoes, not strictly for breakfast. **MUST-TRIES** La Christine, Apple Crisp A La Mode, Super Complete



Other restaurants in the area: Papa John's Pizza, Healthy Shabu-Shabu, Golden Spoon, Starbucks, Hyphy's by Chef's Table

Yummy Deals

P40,000
worth of
goodies to be
given away!

Freebie Code: **MAXIM**

3 WINNERS OF ONE MAXIM QUATTRO EACH



From the "World's Most Popular Cookware" comes a new innovation, the Maxim Quattro Multi Purpose Pressure Cooker. It's a pressure cooker, rice cooker, dutch oven and magic jar [oven] in one. Maxim Quattro makes cooking easy, fast and safe. The state-of-the-art Maxim Quattro has the 3-layer coating system making it the multi purpose pressure cooker that is both time and cook-friendly, truly a pan like no other.

Maxim Quattro is available in all branches of SM Homeworld nationwide.



Freebie Code: **BONCHON**

15 WINNERS OF P1,000 BONCHON GIFT CERTIFICATES

Voted as 'best chicken in America,' the twice-fried sensation is now available in the Philippines. So what's all the fuss about this fried chicken brand? Well, there is quite a different tasting fried chicken, unique from the usual taste we Pinoys are used to.

The Korean-style fried chicken is fried twice making it crispy on the outside and tender in the inside twofold. Containing zero trans fat, BonChon chicken is seasoned with spices unique and distinct in Asian cuisines, so get ready to dig in a box of chicken which offers the surprise of your life.

BonChon is located at
Ayala Triangle Gardens
621-6188

Greenbelt 1
519-8438



Freebie Code: **CONAIR**

2 WINNERS OF 2-IN-1 CONAIR'S COMPLETE HOME STEAM CLEANER WORTH P7,950



Keep your kitchen chemical-free with the advanced technology introduced in ConAir's 2-in-1 Home Steam Cleaner, an American brand that dedicates itself in improving day-to-day living. Healthy cleaning is now made possible and more accessible to Filipinos. The 2-in-1 Home Steam Cleaner does house-cleaning in two ways: It cleans as a floor steamer and as a handheld steamer. The steamer function is a powerful tool to help you rid of molds, mildew and germs - even unwanted odors brought by various elements that may have set in your kitchen sink and counter.

Enjoy living in a healthy environment, go grab your 2-in-1 ConAir Home Steam Cleaner at any Rustan's Dept. Store, SM Homeworld Makati, Megamall, Mall of Asia, North Edsa and Make-Room Bonifacio High Street, Anson's Makati, Trinoma, Cash & Carry, Landmark Makati and Alabang branches

CONAIR 2-in1 Home Steamer is exclusively
distributed by Rustan Marketing Corporation



WIN BIG WITH YUMMY DEALS!

MECHANICS:

E-mail your complete name, gender, birth date, mobile number/s, landline, email address, complete home address and the prize code of the prize you want to win to promos@yummysmag.com.ph with Yummy Deals March 2011 as the subject.

This promo is open to all readers of Yummy. Entries will be accepted from March 1-31, 2011, 11:59 PM. The entries will be manually raffled off on April 12, 2011, Monday, 2:00 PM at the Summit Media office located at the 7 floor of Cybergate Center Tower 3, Pioneer St., Mandaluyong City in the presence of a DTI representative. Three (3) winners of one Maxim Quattro each, fifteen (15) winners of P1,000 Bon Chon gift certificates and two (2) winners of a 2-in-1 ConAir Home Steam Cleaner worth P7,950 will be drawn. Winners will be notified via SMS, email and registered mail. A person can win only once. A winner will get the prize of higher value if drawn more than once. When claiming the prize, please present the following: valid ID matching name used to enter the promo, letter of notification, and Yummy's March 2011 issue. Prizes may be claimed at the 7/F, Summit Media, Cybergate Center Tower 3, Pioneer St., Mandaluyong City, Monday-Friday 10am- 3pm. Provincial winners will receive their prize through courier. Prizes are not convertible to cash. Redemption period is 60 days from receipt of notice. Unclaimed prizes outside of redemption period will be forfeited in favor of Summit Media with prior DTI approval. Employees of Summit Media and partner sponsors for this promo including relatives up to the second degree of consanguinity or affinity are not qualified to join this promo.



From Rachelle's kitchen

Food editor **Rachelle Santos** shares a recipe, kitchen tips and advice, and gotta-know culinary info.

RECIPE
FILE

Garlic Sausage and Cheese Quesadilla

Cook the sausage filling in advance then assemble and heat when ready to eat. Easy!

Heat **3 tablespoons cooking oil** in a frying pan. Sauté **1/3 cup sliced onions** and **1/4 cup green bell pepper strips**; cook until soft and fragrant. Add **2 teaspoons minced garlic** and sauté for 30 seconds. Add **2 Italian garlic sausages (diced)** and cook until lightly browned. Add **1 1/2 tablespoons tomato paste**; mix well and cook for 1 minute. Season with **salt** and **pepper**. Mix in **3 tablespoons chopped basil**. Place sausage filling on bottom half of **1 (6-inch wide) flour tortilla**. Top with **2 tablespoons melting cheese** (we used fontina). Fold over to enclose. In a nonstick pan, toast quesadilla until crisp on both sides. Repeat to make a total of 6. To serve, slice each in half and garnish with basil leaves. Serves 4 to 6.

JUST
ASK!



Q Is it safe to reuse oil after deep-frying?

A Reusing oil has been a common household practice. What's important is to ensure that the fat to be reused hasn't deteriorated or spoiled as rancid oil is potentially carcinogenic. To make sure oil doesn't go rancid, heat oil at a maximum temperature of 375°F (use a deep-fry thermometer for accuracy). Heating it at too high a temperature will decompose it and produce smoke fumes. Also, turn off the heat immediately after use since rancidity is accelerated when oil is exposed to prolonged heat. Strain it through several layers of cheesecloth to remove food particles and refrain from mixing different types of oil. Discard oil when it has an off-putting odor and smells like the food that was cooked in it.

Keep it sharp

Take a peek into a professional kitchen and the first thing that chefs do is sharpen their knives. Why? Because a sharp knife doesn't only speed up preparation—it's also a safety measure! A sharpened knife is safer than a blunt one since less force is required to use it, thus reducing the chance of the knife slipping and causing injury. Take it from the experts and maintain your knife's edge by sharpening it regularly with a whetstone, using it only on suitable surfaces such as a wooden or plastic chopping board, and storing it properly in a wooden block or magnetic rack.

QUICK
TRICK



Fancy some goat's cheese or feta perhaps? Locally produced artisan cheeses by Malagos Farms are now present at Gourmet to Go counters at the Power Plant, Glorietta, and Shangri-La Plaza branches of Rustan's Supermarket.

Step by step: Handling fresh fish

Wondering how to clean, gut, and scale fish? Follow these simple steps.

Cleaning and storing fish



1 Wash the fish in cold running water to get rid of whatever dirt and slime may be on the surface. **2** Pat fish thoroughly dry with a kitchen towel or paper towels. **3** Place on a bed of ice until ready to use. If you won't be cooking it immediately, wrap with plastic and store in the lowest part of the refrigerator to avoid cross-contamination.

Removing scales from fish



1 Use the blunt edge of the knife and position it at an angle against the skin of the fish.



2 To remove the scales, repeatedly scrape the knife against the fish, going from tail to head. Afterwards, lightly skim your fingers over the fish, making sure that it is no longer rough.



3 If you'll be serving the fish whole, use kitchen shears to remove the fins.



Gutting fish

1 Using a sharp knife, make an incision in the belly of the fish.



2 Pull out the guts, heart, and liver; discard.



3 Find the area between the neck and the head, spread it open and cut out the gills using kitchen shears.

D-I-Y: Brownie-crust Cheesecake Bars



A rich and velvety no-bake cheesecake rests deliciously over a decadent brownie crust. Luscious!

What you need

For the brownie

- ☐ ¼ cup chopped dark baking chocolate
- ☐ ¼ cup butter
- ☐ ⅓ cup white sugar
- ☐ ½ teaspoon vanilla extract
- ☐ 1 egg
- ☐ 2 tablespoons all-purpose flour
- ☐ a pinch of salt

For the cheesecake

- ☐ 1 (8-ounce) bar cream cheese
- ☐ ¼ cup sugar
- ☐ 1 tablespoon gelatin
- ☐ ¼ cup cold water
- ☐ 1 cup all-purpose cream, chilled
- ☐ melted chocolate for drizzling (optional)

What to do

- 1 Preheat oven to 325°F. Line an 8-inch square pan with parchment paper.
- 2 Make the brownie crust: In a saucepan, melt chocolate and butter over low heat. Transfer to a mixing bowl; mix.
- 3 Stir in sugar and vanilla. Stir in egg and mix until smooth.
- 4 Mix in flour and salt.
- 5 Pour into prepared pan. Bake for about 20 to 30 minutes; cool.
- 6 Make the no-bake cheesecake: Cream together cream cheese and sugar. In a small saucepan, bloom gelatin in cold water then melt over low heat. Add to the cream cheese mixture.
- 7 Whip all-purpose cream and fold into the cream cheese-gelatin mixture. Pour over the cooled brownie crust. Chill for 2 hours.
- 8 Remove from pan, cut into bars, and drizzle with melted chocolate, if desired.



tip Want an even easier dessert option? If you can't wait to satisfy your cheesecake craving, use store-bought pie crust in place of the brownie crust. Just pour the cheesecake filling into the crust, chill, and serve!



Creamy Fruity Bowls

Melt-in-your-mouth layers of cake, fruit, and gelatin make this a kid-pleasing *and* parent-pleasing treat.

What you need

- ☐ 50 grams instant custard filling powder
- ☐ ½ cup fresh milk
- ☐ 1 (7x3-inch) loaf store-bought taisan cake
- ☐ ½ cup fruit cocktail, syrup reserved
- ☐ 1 tablespoon unflavored gelatin powder
- ☐ ½ cup cold water, divided

What to do

- 1** Make the custard filling: In a bowl, whisk together instant custard filling powder and fresh milk until smooth and thick; set aside.
- 2** Slice taisan cake crosswise into 3 pieces. Cut each slice into 2 (3-inch) circles using a cookie cutter or the rim of a glass or ramekin, making a total of 6 rounds.
- 3** Place each cake round on a 3x2-inch round ramekin. Spread 2 tablespoons custard filling on top, covering cut cake completely.
- 4** Top with 2 tablespoons drained fruit cocktail. Follow the same procedure with the remaining ingredients; set aside.
- 5** Make the gelatin topping: In a small saucepan, place gelatin powder and 3 tablespoons cold water. Let stand for 1 minute. Add the rest of the cold water. Measure ½ cup reserved cocktail syrup and add to the saucepan. Over gentle heat, stir until gelatin dissolves.
- 6** Pour gelatin mixture on top of the fruit cocktail, dividing equally among the 6 ramekins.
- 7** Place cups on a tray and let set in the refrigerator for 1 hour. Serve chilled. *Makes 6 bowls.*

tip You can use different flavors for the custard filling—try vanilla, lemon, or berry! P.S. Don't forget to ask for Mom's or Dad's help when you do Step 5.



It's time to try...

Arugula

Rocket science

Arugula (otherwise known as rocket, rugola, and rucola) is a leafy herb that belongs to the mustard family, native to the Mediterranean region. Its dark green, elongated, lobed leaves are between three to eight inches in length, depending on its maturity. Like most leafy greens, arugula is low in calories and high in vitamins A, C, K, and folate. It's also a great source of calcium and magnesium.

Young and old

Arugula has a mustardy, peppery, and slightly bitter taste. The older the leaves, the more intense and bitter the flavor. The young, mild-tasting leaves are best for salads, pesto, and toppings for pasta, pizza, and sandwiches. Mature leaves, on the other hand, are more suitable for sautéing and steaming.

Shop and store

Arugula is sold in large supermarkets, some wet markets, and by weekend organic vegetable purveyors. It wilts easily and should be used within a couple of days upon purchase. Store it in the fridge wrapped in paper towels and placed in a plastic bag.

Mixed Greens, Grilled Chicken, and Pear Salad with Honey Vinaigrette

With this refreshing salad, every bite is a delight! It's a fanciful play on flavors—from sweet and savory, to bitter and earthy.

Serves 3 to 4 **Prep Time** 15 minutes **Cooking Time** 8 to 10 minutes

For the honey vinaigrette

- 3 tablespoons white or red wine vinegar
- 3 tablespoons honey
- ¼ cup olive oil
- salt and pepper

- 2 chicken breast fillets
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ tablespoon vegetable oil
- 125 grams lettuce, washed and dried
- 75 grams arugula, washed and dried
- ½ Korean pear, peeled and sliced thinly
- 50 grams Gorgonzola or any blue cheese, crumbled
- ⅓ cup chopped walnuts or pili nuts

1 Make the honey vinaigrette: In a medium bowl, combine wine vinegar and honey. Pour olive oil in a slow, steady stream while whisking vigorously. Season to taste with salt and pepper.

2 Season all sides of the chicken breast fillets with salt and pepper. Heat oil in a grill pan. Cook chicken for about 4 to 5 minutes per side. Slice into strips or cubes; set aside.

3 On a serving platter, arrange lettuce, arugula, pear slices, cheese, and nuts. Add chicken breast slices. Drizzle with honey vinaigrette or serve dressing on the side.

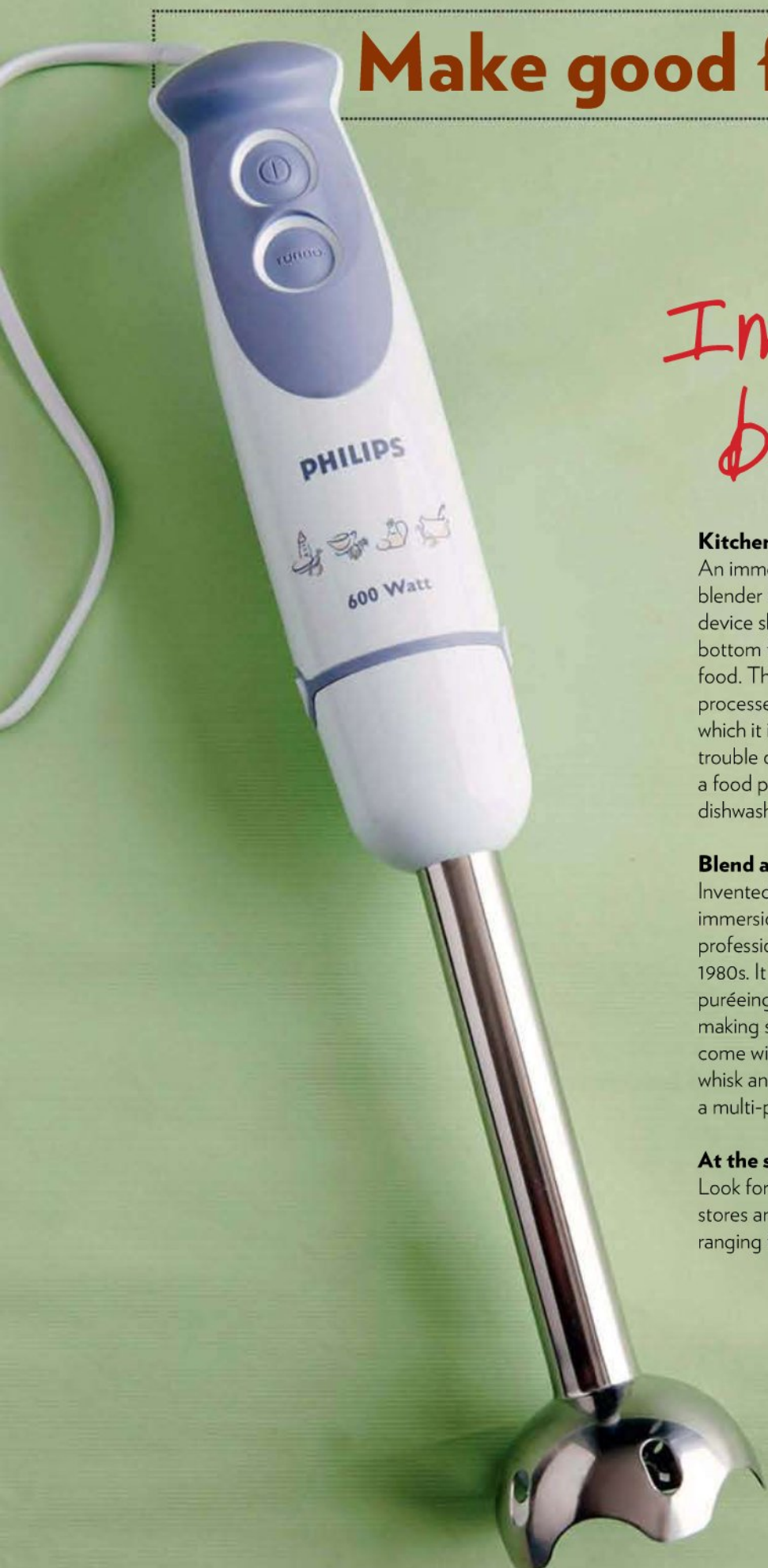


Make a super salad in 25 minutes!



Make good food with your...

Immersion blender



Kitchen wand

An immersion blender (also known as a hand blender or stick blender) is an electric kitchen device shaped like a wand, with a blade at the bottom for blending ingredients or puréeing food. The advantage? It conveniently processes food in the same pot or bowl in which it is being prepared, eliminating the trouble of transferring food to a blender or a food processor's container—and lessening dishwashing work too!

Blend away

Invented in Switzerland in 1950, the immersion blender was adapted from professional kitchens for home use in the 1980s. It is very handy for blending soups, puréeing vegetables, emulsifying sauces, and making smoothies and shakes. Some models come with various attachments, such as a whisk and a mini food processor jar, making it a multi-purpose gadget.

At the store

Look for immersion blenders at department stores and appliance centers, with prices ranging from P3,299.75 to P8,999.75.

Homemade Baby Food

Make feeding time yummy and healthy with these easy recipes. Choose organic produce so your little one gets pure, wholesome goodness without unwanted chemicals.

Broccoli and Parmesan Cheese Purée

Makes 1 cup (about 2 to 3 servings) **Prep Time** 10 minutes

Cooking Time 5 minutes **For** babies 12 months or older

- ☐ 3 cups broccoli florets (about 430 grams)
- ☐ 1 tablespoon unsalted butter
- ☐ ½ teaspoon minced garlic
- ☐ ¼ cup boiled water, breast milk, or formula
- ☐ ¼ cup freshly grated Parmesan cheese, plus extra for sprinkling

1 Blanch broccoli in boiling water for 30 seconds; drain.

2 In a medium frying pan, melt butter. Sauté garlic until fragrant. Add broccoli and mix well. Transfer to a bowl or the container of an immersion blender. Add water, milk, or formula and Parmesan cheese. Purée until smooth. Transfer to a serving bowl and top with finely grated Parmesan cheese.

tip Store homemade baby food in a clean, covered container in the refrigerator. Use cooked fruits and vegetables within 3 days.

Apple Pie Baby Food

Makes about 1½ cups (4 to 5 servings) **Prep Time** 10 minutes

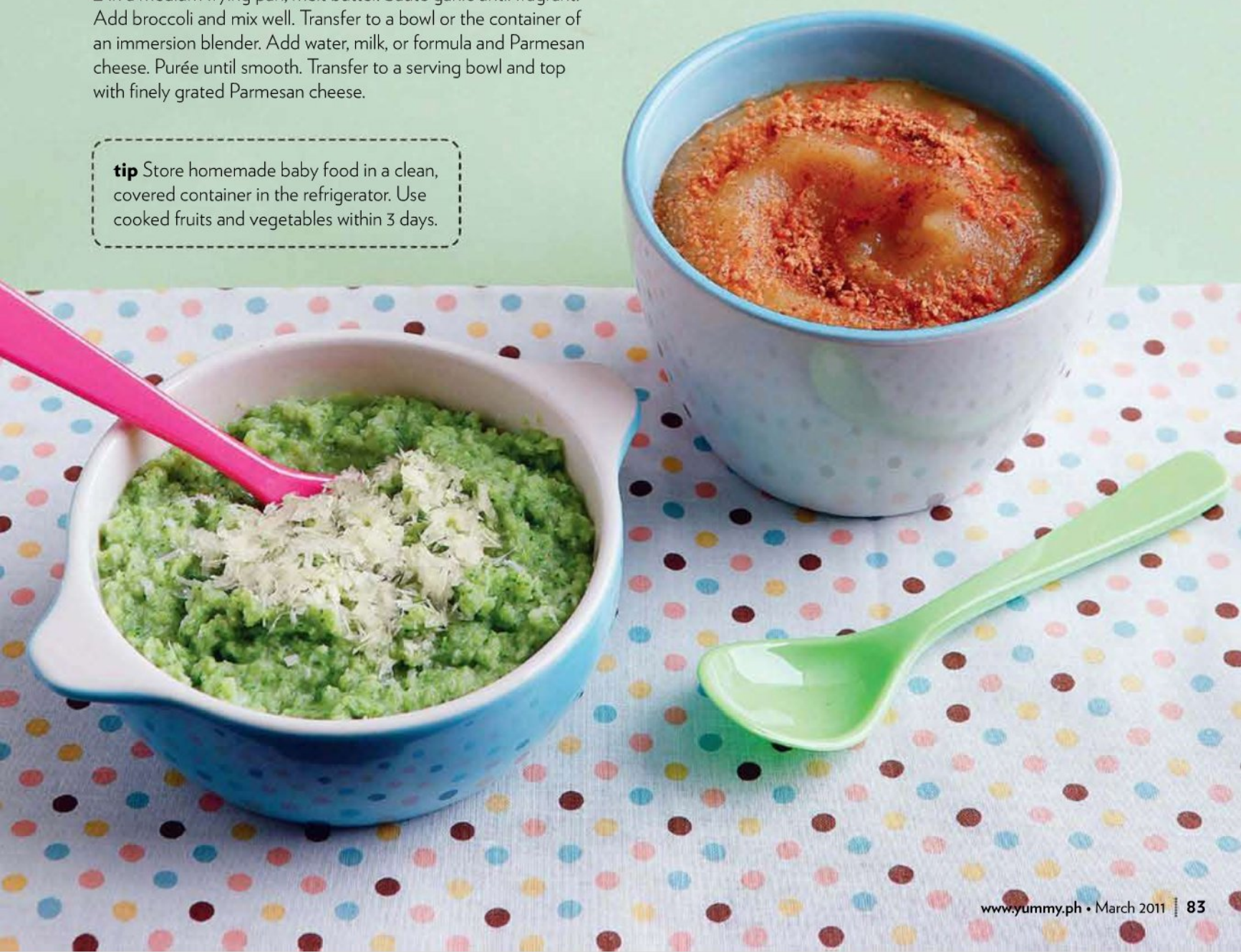
Cooking Time 8 minutes **For** babies 12 months or older

- ☐ 3 Golden Delicious apples, cored, peeled, and sliced
- ☐ ¼ cup water
- ☐ ¼ cup crushed graham crackers

1 Place sliced apples and water in a saucepan over medium-low heat. Cook until tender, about 5 to 8 minutes.

2 Using an immersion blender, purée the apples in the saucepan.

3 Transfer to a serving bowl and top with crushed graham crackers.





Liz's 10 ideas: Frozen peas

Tasty and super convenient, frozen peas are the unsung heroes of the kitchen. Want to give peas a chance? Here are 10 ideas to start with.

1 Sausage and pea risotto

For a different take on the usual, we like making risotto with peas and adding crumbled sausages for a complete one-pan dinner. The next day, if there's still some left over, form the risotto into patties, fry them in a little butter, top with a fried egg, and ta-dah—breakfast!

2 Salad days

Blanch peas until cooked then toss them into a salad along with chopped dill, almonds, and dried fruit. For something different, try mixing the peas with potatoes and curry powder for a curried potato-pea salad.

3 Empea-nadas

Mash up some peas together with tarragon, crispy bacon bits, and lemon juice. Place mashed peas in the center of *lumpia* wrappers, fold to make triangles, and seal. Deep-fry several at a time and serve with herbed mayonnaise.

4 "Peas-to"

Just about anything green can be made into pesto: spinach, basil, *malunggay*. Why not peas? And since they're so nutritious and good for you, you'll want to eat them with everything. Toss it with cooked pasta, use as a sandwich spread, even serve it with broiled fish.

5 Minty pea soup

This wonderful soup is a bowlful of comfort, and in the summer heat, the mint adds a refreshing touch. In a stockpot, heat 1 tablespoon oil and sauté ½ cup sliced leeks (green and white parts), 2 stalks celery (chopped), and 2 large onions (sliced) until onions are translucent. Add 4 cups chicken or vegetable stock (or ham stock, if you have it) and 2 medium potatoes (cubed); lower heat and simmer for 10 minutes. Add 1 (500-gram) bag frozen peas and cook for an additional 5 minutes, then take the pot off the stove. Add 1 tablespoon chopped mint. Use an immersion blender to purée the soup until smooth. Finish off by seasoning with salt, freshly ground black pepper, and lemon juice to taste. Before serving, top individual bowls with croutons or a dollop of cream. Serves 4 to 6.

6 Wasabi peas

Like it spicy? Deep-fry peas in oil, drain on paper towels, then dust generously with wasabi powder, pepper, and a touch of onion or garlic powder.

7 Yogurt-pea dip

Blend together Greek yogurt, cream cheese, and thawed frozen peas in a food processor until smooth. Season with salt and pepper to taste, and add your choice of chopped herbs or spices.

8 Buttered corn, carrots, and green peas

This is a super quick side dish to throw together on nights when you get home late and your family is ravenous. Serve along with store-bought rotisserie chicken, steaming hot rice, and you've got yourself a pretty wonderful weekday feast. Point your browser to Yummy.ph for the easy-peasy recipe.

9 Saucy peas

Purée peas with garlic, cream, stock, and a bit of cheese. Serve with grilled pork chops or fish—the peas add some flavor and texture contrasts, as well as a nice touch of color.

10 Crisper clean-out

We always keep a bag of frozen peas handy for fried rice. We go through our vegetable crisper, chop up odds and ends (half a carrot, leftover leeks, some forgotten bean sprouts or stalks of celery), give them a quick stir-fry, add the peas last, and voilà! Leftover cooked rice gets a new lease on life; leftover vegetables don't go to waste; and you've got a tasty dish that could feed a very hungry army.



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ADVERTISING FEATURE

Twice the Treat

The **Yummy Cooking Demo** together with **Angel Kremdensada** showcased four scrumptious dishes by Yummy contributor, Chef Katherine Jao, at Metro Market! Market!, Shopwise Cubao and Robinsons Metro East. Sample platters of the recipes and raffle prizes were given away to the delight of the audience.

ANGEL KREMDENSADA: 2 Parts Creamy Sweetness in 1 Valuable Pack

You've learned from your lola and mom that it takes cream and condensed milk to make your favorite desserts. But why buy 2 when there's 2 in 1 sarap? New Angel Kremdensada offers the goodness of cream and condensed milk in one!

• 2 in 1 sarap

New Angel Kremdensada has the right blend of sweetness and creaminess that's perfect for fruit salad and other favorite desserts. Tamang-tama na timpla. No more guessing and constant adjusting to your desired taste.

• 2 in 1 sulit

Buying two products is expensive. Cream costs P39, while condensed milk costs P46, a total of P85! Angel Kremdensada costs only P50, giving you about 40% savings!

• 2 in 1 versatility

Angel Kremdensada is perfect not just for creamy desserts. Try it in other recipes with cream and sugar. Iced coffee? Waffle topping? Cream-based pasta? Carbonara? Pininyahang manok? Macaroni Sopas? The possibilities are deliciously endless!

• 2 in 1 convenience

For a thicker and creamier mix, just chill one unopened can of Angel Kremdensada for at least two hours prior to use. Then, add on to two cans of mixed fruits and serve! Or mix with two cans of fruit and then chill for at least two hours. It's so easy to use!

Directory

YOUR GUIDE TO THE SHOPPING AND DINING
ESTABLISHMENTS FEATURED IN THIS ISSUE

SUPERMARKETS AND DEPARTMENT STORES

The Landmark Supermarket

Ayala Center, Makati City; TriNoma, North Triangle, Quezon City.

Rustan's Department Store

Ayala Center, Ayala Avenue, Makati City (tel. no.: 813-3739); and at leading malls including Shangri-La Plaza, Alabang Town Center, Glorietta 4, Robinsons Midtown Manila, and Gateway Mall.

SM Supermarket

At leading SM Malls nationwide; for a list of all branches, see www.smsupermarket.com.

RESTAURANTS

8 Spices

2/L Robinsons Galleria Veranda (along Ortigas Deck Parking near the mall entrance beside Krispy Kreme), EDSA corner Ortigas Avenue, Quezon City (tel. no.: 571-3661).

Delicious Kitchen by Eat Well

2/L Robinsons Galleria Veranda (along Ortigas Deck Parking near the mall entrance beside Krispy Kreme), EDSA corner Ortigas Avenue, Quezon City (tel. no.: 477-5082).

Giligan's

2/L Robinsons Galleria Veranda (along Ortigas Deck Parking near the mall entrance beside Krispy Kreme), EDSA corner Ortigas Avenue, Quezon City (tel. no.: 477-7614).

Johnny Rockets

2/L Robinsons Galleria Veranda (along Ortigas Deck Parking near the mall entrance beside Krispy Kreme), EDSA corner Ortigas Avenue, Quezon City (tel. nos.: 477-6501, 477-6499).

La Creperie

2/L Robinsons Galleria Veranda (along Ortigas Deck Parking near the mall entrance beside Krispy Kreme), EDSA corner Ortigas Avenue, Quezon City.

Paris Delice

1 Juno Street corner Makati Avenue, Makati City (tel. no.: 421-0162).

OTHERS

Chef Myke "Tatung" Sathou

17 Matipid St. Sikatuna Village, Quezon City (tel. no.: 352-6121; mobile no.: 0915-8463234).

Gustare

Unit D, G/F W Tower, 39th Street, North Boni Triangle, Bonifacio Global City, Taguig City (tel. no.: 403-0345).

Handyman Do It Best

At leading malls nationwide; for a list of all branches, see www.handyman.com.ph.

Melbourne Prime

G/F Lobby Marajo Tower, 312 26th Street corner 4th Avenue, Bonifacio Global City, Taguig City (tel. nos.: 899-3344, 403-4273; mobile no.: 0917-8855000).

Muji

2/F SSI Building, Quadrant 7, Bonifacio High Street, Bonifacio Global City, Taguig City (tel. no.: 659-6731); 3/F Power Plant, Rockwell Center, Makati City (tel. nos.: 846-9645 to 46).

National Book Store

At all leading malls; visit www.nationalbookstore.com.ph for a complete list of branches.

Patchi Chocolates

Building 5 B5 (between Alessi and Figaro), Bonifacio Global City, Taguig City.

Quirks Novelties and Curiosities

3/F Power Plant, Rockwell Center, Makati City (tel. no.: 757-3096); 5/F Shangri-la Plaza, Mandaluyong City (tel. no.: 577-9058).

Saizen

3/L East Wing, Robinsons Galleria, EDSA corner Ortigas Avenue, Quezon City.

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Café Alamid Xpress, R.O.X. Building, B1 Bonifacio High Street, Taguig City; 21 Graceful St. corner Menchie Street, BF Almanza Subdivision, Las Piñas City (tel. nos.: 805-0713, 836-0216, 801-2682); www.arengga.com.

25 Mushrooms Kitchen

Classes are held at the Valle Verde 5 poolside cabana; for reservations, call 631-4822 or text 0917-8119797.

City Delivery

To order, call 87878. For a list of all participating establishments, see citydelivery.ph.

Gerald Boulangerie

2305 Chino Roces Avenue, Ecoplace Building, Makati City (tel. no.: 659-7854); www.gerald.ph.

Go Greek

Food Choices, 3/L Glorietta 4, Ayala Center, Makati City.

Gourmet Pao

With branches at SM Fairview, SM North EDSA, SM Mall of Asia, and Alabang Town Center; to order, call 586-2144 or 0917-5252052.

The Honest Juice

To order, call 0920-9623892 (Jamie) or 0918-9072922 (Janyyn); thehonestjuice@gmail.com.

Manila Scramble

At Robinsons Galleria, St. Francis Square, Robinsons Ermita, and other malls; www.facebook.com/ManilaScramble.

ManilaQ

129 Bansalangan Street, Project 7, Quezon City (tel. no.: 332-1254); www.foodiedelivery.ph/manila-q.

Merry Moo

To order, call 0917-5289590 or email merrymoo@ymail.com.

Messy Bessy

For a list of stores that carry their products, see www.messybessy.com.

Mochiko

Unit 3, Cliffhouse Tagaytay, Maharlika East, Aguinaldo Highway, Tagaytay City; also available at Mercato Centrale and at FIC Summer Cafés in Alabang Town Center, BF Parañaque, Marquee Mall, and Boracay, Aklan (mobile no.: 0917-8310624).

NUIU Life Cuisine

To order, call 577-3893 or 0917-5283283; www.nuiu.ph.

PBCo

With branches at SM Mall of Asia, SM North EDSA, SM Clark (email: peanutbuttercompany@gmail.com); www.pbcopeanutbuttercompany.com.

PhotoKitchen Food Photography

Unit 2, Lumier Realty Building, 285 P. Guevarra Street, San Juan (tel. nos.: 723-7630, 985-4808); www.photokitchenfood.com.

Picole

With branches at SM Megamall, SM North EDSA, and SM Mall of Asia; for a list of all outlets, visit www.picolehealthycepop.com.

Pinoy Eats World

For tour/dinner information and reservations, call 0917-5301160 or email jjyulo@pinoyeatsworld.com.

Risa Chocolates

To order, call 0918-9424573 or email risachocolates@yahoo.com.

Swirls Frozen Kefir

Ocean Drive, SM Mall of Asia (in front of Starbucks); White House Resort, Station 1, Boracay, Aklan.

Teaology

G/F Il Terrazzo, Tomas Morato corner Scout Madriñan Street, Quezon City.

Tina's Pie Outlet

To order, call 0917-8310925 or email savourypies@gmail.com; www.savourypies.multiply.com.

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Bamboo shells

At the Seaside Seafood Market in Baclaran (the wet market close to Redemptorist Church), I spotted some rather unusual seafood. When I asked the vendor about it, I was informed that I was looking at bamboo shells.

At P130 per kilo, I decided to take home the shellfish and see what I could make of it. I figured it would be a good idea to cook it as a soup, just like how we use other shellfish such as mussels (*tahong*) and small clams (*halaan*). So I minced some garlic, chopped up some onion, and slivered a piece of ginger. I then sautéed these aromatics in a tablespoon of oil and added the bamboo shells. I poured a couple cups of water into the pot and seasoned the whole thing with a little fish sauce and ground black pepper, then I covered it after turning the heat on high. I happened to have a bunch of fresh basil in the fridge, so I added a handful of it into the soup.

The bamboo shells, also called bamboo clams, tasted a bit sweeter than other shellfish I've eaten. Like mussels, they cook quickly so I turned off the stove as soon as all the clams opened up. The white meat inside the tubular shells had the texture of overcooked scallops. I found it quite chewy but the flavor was delicate.

I've seen a chef on TV cook these mollusks, and he referred to them as razor clams. Note, however, that the razor clams pictured here are different from Pacific razor clams, which are bigger in size with shells that are thicker and much wider.—Divine Enya Mesina

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